
2021
Step Ahead
Series
Connect Plus (3)
First Term
Together on The Right Way
Prepared By
A GROUP OF SPECIALISTS
Primary (3)



Contents

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Lesson 1 Pages 2-5

A Vocabulary



sports event	حدث رياضي	run	يجري
track	مسار (الممر حول الملعب)	running	العدو - الجري
athlete	لاعب ألعاب قوى	throw	يقذف - يرمي
compete	يتنافس	jump	يقفز
competition	مسابقة	long jump	الوثب الطويل
race	سباق	high jump	الوثب العالي
win	يفوز - يكسب	measure	يقيس
winner	فائز - كسبان	distance	مسافة
medal	ميدالية	field	ميدان - ملعب

exciting	مثير	different schools	مدارس مختلفة
amazing	مدهش	hope	يأمل
tired	متعب - مجهد	think	يعتقد
easy	سهل	wear	يرتدي
difficult	صعب	get	يحصل على

happy	سعيد	hear	يسمع
quickly	بسرعة	today	اليوم
Who	من	meter	متر
How far	ما بُعد (مسافة)	second	ثانية
How high	ما ارتفاع	ball	كرة
How long	ما طول	as far as you can	بعيدًا بقدر الإمكان

fast	سريع	faster	أسرع	the fastest	الأسرع
slow	بطيئ	slower	أبطأ	the slowest	الأبطأ
high	عالٍ	higher	أعلى	the highest	الأعلى
far	بعيد	farther	أبعد	the farthest	الأبعد



event	: a thing that happens, especially one of importance.
track	: a bath all around the field.
athlete	: a person who is good at sports and other forms of physical exercise.
competition	: a contest in which people or teams compete against each other in a particular sport.
race	: an event in which people compete to know the fastest.
win	: to get a prize or a medal in a competition.
medal	: a metal disk with a design, made as a prize.
measure	: to calculate the distance.
field	: an outdoor area provided for children to play in, especially at a school or public park.
amazing	: causing great surprise or wonder.

Today, we're at the track. There's a big sports event. Lots of **athletes** from different schools are **competing**.
Look! They are **wearing** red, blue, green, and black.
There are competitions in running, jumping, and **throwing**. I'm watching the long jump. I think the **athlete** wearing red will win.



I think the athlete wearing the green T-shirt will win.



I think our school will get a medal today!



Will it be a good competition?



It won't be easy today!



- What sports do you like?
  - I like jumping.



Future Simple Tense زمن المستقبل البسيط

Affirmative الإثبات		Negative النفي		Interrogative الإستفهام		
I	will see	I	will not see	Will	I	see
He		He			he	see
She	'll see	She	won't see		she	see
It		It			it	see
You		You			you	see
We		We			we	see
They		They			they	see

يتكون من



will + المصدر (The bare verb)

- Our school **will get** a medal today.
- The event **will be** amazing.

★We use it to express actions that will happen in the future.

★يستخدم للتعبير عن أحداث سوف تحدث فى المستقبل.

★He will win the next race.

★We sometimes use some words with the future simple as:

★توجد كلمات دالة على زمن المستقبل البسيط مثل:

- tomorrow غدًا - next .... (month) .... القادم (الشهر)

★It will be a good competition **next month**.

★In the negative form, we use (will not (won't)) before the bare verb.

★ننفى المستقبل البسيط باستخدام (will not - won't) ثم الفعل فى المصدر.

- I **won't go** to school tomorrow.

★In the interrogative form, we use (**will**) at the beginning of the question or after the question word with the bare verb.

★عند عمل سؤال على المستقبل البسيط ، نبدأ السؤال بـ (**will**) أو نضعها بعد أداة الاستفهام مع الفعل فى المصدر.

★Will you go to school tomorrow? ↳ No, I won't.

★Will he be tired? ↳ Yes, he will.

★What will you do tomorrow? ↳ I'll go shopping.

» لا تنسَ أن (**will - won't**) لابد أن يتبعا بالمصدر.

(Adjectives)Comparison المقارنة

Comparative degree:

- We use the comparative form to compare two people, two animals or two things.

- تستخدم الدرجة الثانية من المقارنة (الصفات) لنقارن بين شخص وشخص أو حيوان وحيوان أو شئ وشئ .... وهكذا.

- Dina jumped high**er** **than** Yara.
- Was Amir fast**er** **than** Adam?

- We add (er) to the short adjective and use the word (than) after it.

- نضيف للصفة القصيرة (er) ونضع بعدها كلمة (than مِن) .
- لاحظ أن صفة (far) صفة شاذة والدرجة الثانية منها (farther) .

- Youssef jumped **farther** **than** Seleem.

Superlative degree:

- We use the superlative form to compare more than two people, animals or things.

- تستخدم الدرجة الثالثة من المقارنة (الصفات) للمقارنة بين شخص ومجموعة من الاشخاص او حيوان ومجموعة من الحيوانات او شئ ومجموعة من الاشياء .... وهكذا.

- Talia ran **the** fast**est**.
- Who was **the** slow**est**?

- We add (**est**) to the short adjective and use the word (**the**) before it.

* نضيف للصفة القصيرة (**est**) ونضع قبلها كلمة (**the**) .

* لاحظ أن صفة (far) صفة شاذة والدرجة الثالثة منها (**farthest**) .

- Ramy jumped the **farthest**.



Exercises on Lesson 1

1 Supply the missing parts in the following dialogue:

Hani : What sports events do you like?

Fady : ....

Hani : Are you a fast runner?

Fady : ....

2 Choose the correct word(s): Vocabulary

1. The (athlete – track – event) around the field is very long.
2. He can (throw – jump – run) the ball very far.
3. Lots of (medals – sports – athletes) are competing in the race.
4. I can (run – jump – hear) very high.
5. The (race – winner – track) is exciting. The fastest one will win.
6. The first winner will get a gold (medal – competition – race).
7. He (competed – measured – heard) in a jumping competition and won.
8. The first athlete will (measure – compete – win) a medal.
9. The (distance – athlete – medal) is very long. He's very tired.
10. He (throws – measures – jumps) how far he runs in one minute.
11. How (far – fast – old) can he jump? - He can jump four meters.
12. How (high – far – fast) can he run? - He can run 100 meters in 15 seconds.
13. (How – Who – Where) was the fastest? - Sherif was the fastest.
14. How (fast – old – high) can she jump? - She can jump one meter.

3 Choose the correct word(s): Structures

1. I think the athlete wearing red (win – will win – winning).
2. I think the event (was – be – will be) amazing tomorrow.
3. It (will – won't – is) be easy to win today. It will be difficult.
4. I think our school will (gets – getting – get) a medal.

5. We (will – aren't – won't) be sad after the race. We will be happy.
6. (Did – Will – Is) he come first in the competition? - Yes, he will.
7. Will she (run – runs – running) fast in the race?
8. Will you play football? - No, I (will – won't – am).
9. The winner (are – will – won't) be happy.
10. Will you wear a green T-shirt? - Yes, I (won't – do – will).

4 Choose the correct word(s): Adjectives

1. Dina jumped (high – higher – the highest) than Lara.
2. Rana is (fast – faster – the fastest) girl in the class.
3. Who is the (slow – slower – slowest) boy?
4. Youssef jumped (farther – farthest – far) than Seleem.
5. Was Tarek (faster – fast – the fastest) than Amir.
6. Ramy jumped (the farthest – far – farther) of his three friends.
7. The tortoise is (slow – slower than – the slowest) the rabbit.
8. Amira jumped (the highest – high – higher). She came first and won a medal.

5 Choose the correct word(s):

I'm at a sports event today with Mommy and my brother. Some (**athletes** – **medals**) are running. The (**track** – **athlete**) is 800 meters around the field. The (**race** – **throw**) is exciting – the athletes are running very quickly. I hope Waleed (**wins** – **throws**) today! There is a throwing competition, too. You have to (**throw** – **jump**) the ball as far as you can. Three meters is a good (**race** – **distance**) for throwing the ball. Someone (**measures** – **competes**) how far the athletes throw the ball.

That athlete (**competed** – **measured**) in a sports event and won. He can (**jump** – **distance**) really high! Now, he is getting a (**track** – **medal**)!

1 Supply the missing letters:



t _ _ _ _



a _ _ _ _ _ _ _



r _ _ _



m _ _ _ _



w _ _



r _ _



t _ _ _ _



j _ _ _



m _ _ _ _ _ _ _

2 Read and complete:

compete – win – measuring – jump – distance – throw

1. The race track is a .... of 800 meters.
2. Youssef can .... the ball a long way.
3. Salma wants to .... the 100 meter race.
4. Miss Mona is .... how for you jumped.
5. Ten athletes will .... in the 200 meter race this afternoon.
6. Dalia can .... really high.

8 Rewrite the following sentences using the words in brackets:

1. He got a medal. **(will)**
   ....
2. No, he won't play tennis. **(Will)**
   ....
3. Will he be happy? **(Yes, ...)**
   ....
4. She can jump three meters. **(How far)**
   ....
5. He's wearing a red T-shirt. **(tomorrow)**
   ....
6. He can run 200 meters in one minute. **(How fast)**
   ....
7. Yes, she will throw the ball. **(Will)**
   ....
8. Will you compete in the sports event? **(No, ...)**
   ....
9. It will be difficult to win today. **(easy)**
   ....
10. The winner won't be sad. **(happy)**
   ....

9 Copy the following sentence:

Just do your best and God will do the rest.



Lesson 2 Pages 3-7

A Vocabulary

English	Arabic	English	Arabic
do exercise	يتمرن	harder	بجد أكثر
runner	عداء - متسابق	work hard	يعمل بجد
train (v)	يتدرب	bring	يحضر
support	يدعم - يساند	healthy food	طعام صحي
warm up	يسخن	snack	وجبة خفيفة
record (v)	يسجل	have a problem	لديه مشكلة
get fit	أحافظ على لياقتي	worried about	قلق بشأن

English	Arabic	English	Arabic
friend	صديق	parents	الوالدين
come here	نأتي إلى هنا	200 meters race	سباق ٢٠٠م
came second	حصل على المركز الثاني	try	يحاول
once	مرة واحدة	get your body ready	تجهز جسمك
3 times a week	ثلاث مرات في الأسبوع	as much as I can	بقدر الإمكان
on the weekend	في عطلة نهاية الأسبوع	finish	ينهي
have fun	يستمتع	together	معا - سويًا

and	و	better	افضل
or	أو	How often	كم مرة
because	لأن	What	ما - ماذا
so	لذلك	Why	لماذا
but	لكن	Which	أي

Vocabulary Study

exercise	: activity requiring physical effort, carried out to improve health and fitness.
runner	: a person who runs, especially in a race.
train (v)	: to practise a particular skill.
support a friend	: to help your friend.
warm up	: a get your body ready to do exercise.
record (v)	: to set down in writing for later reference.
get fit	: to have a healthy and sportive body.
try harder	: to work hard to do better.
healthy food	: the food that's good to your body.
snack	: a small amount of food eaten between meals.
worried	: anxious or troubled about actual or potential problems.
come second	: to be the next person to finish after the winner.

B Structures

and - or - because - so - but

and

تربط بين جملتين مثبتتين.

- I like science and maths.

or

تربط بين جملتين منفيتين.

- I don't like long jump or high jump.

because

تربط بين جملتين إحداهما سبب والأخرى نتيجة وتتبع بالسبب.

- He won the race because he ran the fastest.

so

تربط بين جملتين إحداهما سبب والأخرى نتيجة وتتبع بالنتيجة.

- He ran the fastest so he won the race.

but

تربط بين جملتين يعبرا عن التناقض.

- They played well, but they didn't win the match.

Reading

Hello! My name's Nesma and I'm at the track with my friend, Sara. Sara is an athlete, so she oes a lot of exercise. We come here three times a week. She comes with her parents once on the weekend, too.

Sara is a runner, and she has a big competition next month. I think she'll win! I'm training with her to support her, and it helps me get fit. We warm up together and we have fun! I record her race times, too.

Her best event is the 200-meter race. She's very fast! Sara was in a race last month, but she didn't win. She came second, so she wants to try harder. She finished in 35 seconds. She wants to be faster next time. Sara always eats healthy food. We bring some fruit to the track to have a snack, and we drink lots of water.
I like helping Sara because she's a really good friend to me. She always listens when I have a problem, or if I'm worried about something. So that's why I want to help her as much as I can!

Exercises on Lesson 2

1 Supply the missing parts in the following dialogue:

Magdy : How fast can you run?

Athlete : ....

Magdy : Do you enjoy running.

Athlete : ....

Magdy : ....?

Athlete : Yes, I will win the next race.

2 Supply the missing letters:





3 Choose the correct word(s): Vocabulary

1. You should (train – sleep – draw) hard to win the next race.
2. Players usually (worry – support – warm up) before they start the match.
3. Doing (tests – exercise – exams) helps you to get fit.
4. You should (support – throw – shout) your friend when he needs help.
5. I (bring – work – record) her race times every time we train.
6. We should eat (unhealthy – healthy – fast) food.
7. I do a lot of exercise to get (up – fat – fit).
8. You should support your friend when he has a (problem – meal – shower)

4 Choose the correct word(s): Structures

1. I like throwing (or – and – but) jumping.
2. Sara was in a race last month (but – because – so) she didn't win.
3. I can't go to the club today (so – but – because) I have much homework.
4. I don't like pizza (and – or – but) pasta.
5. He wants to come first (so – because – but) he trains hard.
6. How (high – fast – often) does Sara go to the track? - Four times a week.
7. I think she (wins – will win – won) the race next month.
8. (Which – Why – How) sport do you think is easy? - Running.

5 Complete the table using the following words:

and – but – because – so – or

1. I like running .... jumping.
2. It's hard to run today .... it's hot.
3. I like running .... I'm not very fast.
4. He has a race next week .... he trains every day.
5. She doesn't like throwing .... jumping.

6 Choose the correct word(s):

Hello! My name's Nesma and I'm at the track with my friend, Sara. Sara is an athlete, so she does a lot of exercise. We come here three times a week. She comes with her parents once on the weekend, too.

Sara is a runner, and she has a big competition next month. I think she'll win! I'm training with her to support her, and it helps me get fit. We warm up together and we have fun! I record her race times, too.

Her best event is the 200-meter race. She's very fast! Sara was in a race last month, but she didn't win. She came second, so she wants to try harder. She finished in 35 seconds. She wants to be faster next time.

Sara always eats healthy food. We bring some fruit to the track to have a snack, and we drink lots of water.

I like helping Sara because she's a really good friend to me. She always listens when I have a problem, or if I'm worried about something. So that's why I want to help her as much as I can!

A Answer the following questions:

1. How often does Sara go to the track?
2. Why does Nesma want to help Sara?

B Choose the correct answer:

3. Sara **(recorded – won – didn't win)** her last race.
4. They bring **(chips – fruit – vegetables)** to the track to have a snack.

7 Write a paragraph of four sentences on: "My favorite sport"

Ideas to help you:

- What's the sport?
- Why do you like it?
- How often do you play it?
- Who do you play it with?

....

....

....

....

8 Rewrite the following sentences using the words in brackets:

1. I like fish and chicken. **(don't like)**
   ➪ ....
2. He didn't work hard. He came fourth in the race. **(because)**
   ➪ ....
3. Football is my favorite sport. I'm not a good footballer. **(but)**
   ➪ ....
4. I was hungry. I ate all my sandwiches. **(so)**
   ➪ ....
5. He isn't good at throwing or jumping. **(is good)**
   ➪ ....
6. She's training hard so she will win the first medal. **(because)**
   ➪ ....

9 Copy the following sentence:

People in glass houses , never throw stones.

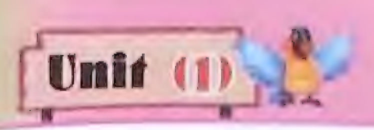


Lesson 3 Pages 8 - 11

1 Vocabulary

English	Arabic	English	Arabic
rules	قواعد	make fun of - laugh at	يسخر من
good friend	صديق جيد	tell secrets	تقول الأسرار
Never	لا	spread rumors	تنشر إشاعات
ideas	أفكار	pressure someone	تضغط على شخص
important	مهم	listen to	يستمع إلى
sorry	متأسف - آسف	support	يدعم - يساند
have fun	يستمتع	apologize	يعتذر

English	Arabic	English	Arabic
one day	في يوم ما	a lot happier	أسعد كثيرًا
come home	يعود للمنزل	smile	يبتسم
sad	حزين	know	يعرف
scared of	خائف من	What's the matter?	ما الأمر؟
swimming competition	مسابقة سباحة	wasn't very kind of	لم يكن جيدًا من



Phonics the "c" sounds:

c + [e - i - y] → (s) sound
c + [any other letter] → (k) sound

★ لاحظ أن في الغالب لو أتبع حرف الـ (c) بـ [e – i – y] ينطق (s) ولو اتبع بأي حرف آخر ينطق (k).

race	سباق	space	فضاء
distance	مسافة	bicycle	دراجة
city	مدينة	ice	ثلج
citadel	قلعة	ice cream	آيس كريم

(C) sounds like (k)		(C) sounds like (s)	
carrot	جزرة	sports center	مركز رياضي
cookie	بسكوته	mice	فئران
camera	كاميرا	policeman	شرطي
plastic	بلاستيك	face	وجه
cake	كيك	pencil	قلم رصاص
camel	جمل	ice	ثلج
coffee	قهوة	rice	أرز
cold	بارد	citadel	قلعة
music	موسيقى	space	فضاء

Values قيم

My rules for being a good friend!



1. Never **make fun of** your friends! It isn't kind to laugh at people.
2. Never **tell** your friend's **secrets** to other people.
3. Never **spread rumors** about your friends.
4. Never **pressure** your friend to do something he or she doesn't want to do.
5. **Listen** to your friend's ideas.
6. **Support** your friend.
7. If you make your friend sad, it's good to **apologize**. Saying sorry is important.
8. **Have fun** together!

Vocabulary Study

rules	: one of a set of understood regulations or principles governing conduct within a particular activity.
have fun	: to enjoy.
make fun of - laugh at	: to make someone angry or challenge him with insulting remarks.
secrets	: something that is kept or meant to be kept unknown or unseen by others.
spread	: extend over a large or increasing area or among a great number of people.
rumors	: a currently circulating story or report of uncertain or doubtful truth.
pressure (v)	: to attempt to persuade (someone) into doing something.
apologize	: express regret for something that one has done wrong.
citadel	: a fortress, typically on high ground, protecting or dominating a city.
city	: a large town.



Exercises on Lesson 3

1 Supply the missing parts in the following dialogue:

Heba : Do you have friends?
Marwa : ....
Heba : .... ?
Marwa : Hagar is my best friend.
Heba : How can you be a good friend?
Marwa : ....

2 Write the correct word under each picture:

apologize – swimming – scared – secrets – competition – smile



3 Complete the table using the following words:

spread rumors – make fun of – listen – tell secrets – pressure someone – support – have fun – apologize

Good	Bad
1	1 ....
2	2 ....
3	3 ....
4	4 ....

4 Choose the correct word(s): Vocabulary

1. Never make (sad – happy – fun) of your friends.
2. Always (support – pressure – listen) your friend.
3. Never tell your friend's (name – secrets – medals) to other people.
4. Always (have – do – make) fun with your friends.
5. Never (measure – spread – win) rumors about your friends.
6. Listen to your friend's (books – homework – ideas).
7. Never (pressure – measure – try) your friend to do something he or she doesn't want to do.
8. If you make your friend sad, it's good to (laugh – make fun – apologize). Saying sorry is important.
9. He's (scared – happy – funny) of water. He can't do the swimming competition.
10. It wasn't very (sad – bad – kind) of him to tell your secret.

5 Read the passage and answer the questions:

One day, Tamer was sad when he came home from school.
"What's the matter?" asked his mom.
"Sherif asked me why I didn't want to do the swimming competition. I told him that I'm scared of water, but it was a secret. He told Adam and Wael, and now everyone knows. They are making fun of me."
"That wasn't very kind of Sherif," said Tamer's mom. The next day, Tamer was a lot happier.
"How was school today, Tamer?" his mom asked.
"It was better!" said Tamer, smiling. "Sherif apologized for telling my secret. Adam and Wael said sorry for making fun of me. We're all friends again!"

A Answer the following questions:

1. Why was Tamer sad?
2. Why didn't Tamer want to do the swimming competition?

B Choose the correct answer:

3. The next day, Tamer was a lot **(sadder – scared – happier)**.
4. Sherif **(apologized – measured – spread)** for telling Tamer's secret.





6 Sort and complete the table:

cake – camel – citadel – city – coffee – cold – face – fact – ice – music – pencil – rice

c sounds like k	c sounds like s
1	1 ....
2	2 ....
3	3 ....
4	4 ....
5	5 ....
6	6 ....

7 Copy the following sentence:

Don't judge a book by its cover.



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Lesson 4 Pages 12-13

A Vocabulary

English	Arabic	English	Arabic
time	وقت	distance	مسافة
second	ثانيه	centimeter	سنتيمتر
minute	دقيقة	meter	متر
hour	ساعة	kilometer	كيلو متر (١٠٠٠ متر)

English	Arabic	English	Arabic
graph	رسم بياني	week	أسبوع
line	خط - سطر	What happens?	ماذا يحدث؟

English	Arabic	English	Arabic
world record	رقم قياسي عالمي	Egyptian footballer	لاعب كرة قدم مصري
set a record	يضع رقم قياسي	play for	يلعب لِـ
famous	مشهور	score	يحرز - يسجل
the oldest	الأقدم	highest number	أعلى رقم
the biggest	الأكبر	one season	موسم واحد
the smallest	الأصغر	national team	فريق قومي
all the time	طوال الوقت	Africa Cup of Nations	كأس الأمم الأفريقية
the most times	المرات الأكثر	something	شيء ما



Word	Meaning	Word	Meaning
cyclists	راكبوا الدراجات	countries	دول
cycle	يقود دراجة	the Great Pyramids	الأهرامات الكبرى
direction	إتجاه	journey	رحلة
GPS drawing	رسمة (GPS)	shape	شكل
the largest	الأضخم	map	خريطة
challenge	تحدي	keep ... healthy	تحافظ عليه صحي
break the record	يحطم الرقم القياسي	heart	قلب
Egyptian people	الشعب المصري	run up to	يجري حتى
Egyptian Mau	القط المصري	an hour	في الساعة



second	: sixtieth of a minute of time.
minute	: the period of 60 seconds.
hour	: the period of 60 minutes.
centimeter	: a metric unit of length, equal to one hundredth of a meter.
meter	: the length of 100 centimeters.
kilometer	: the length of 1000 meters.
graph	: a diagram showing the relation between variable quantities.
record (n)	: the best global and most important performance that is ever recorded.
famous	: known about by many people.
score	: the number of points or goals achieved in a game.
season	: a length or portion of time.
cyclist	: a person who rides a bicycle.

direction	: a course along which someone or something moves.
challenge	: a call to take part in a contest or competition.
journey	: an act of traveling from one place to another.

World records

What is a world record? It's something which is the fastest, biggest, oldest, or smallest in the world. People in many different countries like trying to make new world records all the time.

Here are some famous Egyptian world records.

Did you know ...?

In 2017 / 2018, the Egyptian footballer Mohamed Salah set a world record when he played for the English team, Liverpool. He scored the highest number of goals in one season – 32 goals!

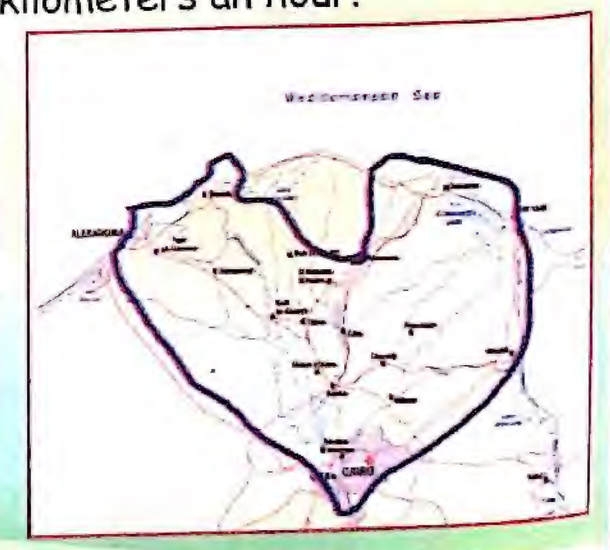
Egypt's national football team has a world record too. It is for winning the Africa Cup of Nations the most times. It won seven times, in 1957, 1959, 1986, 1998, 2006, 2008, and 2010!



And in 2018, cyclists in Egypt made a new world record. They made the largest GPS drawing by bicycle! The challenge was to cycle 761 km around Egypt, and record the direction of the race. The cyclists started at the Great Pyramids of Giza, and it took three days to finish.

The picture of their journey made the shape of a heart on the map! It was important because it made people think about how important it is to keep your heart healthy.

It isn't just Egyptian people who break world records. The Egyptian Mau is the fastest cat in the world. It can run up to 48 kilometers an hour!



1 Supply the missing parts in the following dialogue:

Omar : .... ?

Adel : I'm reading a book.

Omar : .... ?

Adel : It's about famous Egyptian world records.

Omar : Can you tell me one of these records?

Adel : ....

2 Supply the missing letters:



3 Choose the correct word(s): Vocabulary

1. The (second – hour – day) is smaller than the minute.
2. They made a new world (map – country – record). They made the largest GPS drawing.
3. The (centimeter – kilometer – millimeter) is bigger than a meter.

4. There are three great (teams – pyramids – journeys) in Giza.
5. There are 60 seconds in a (minute – hour – day).
6. He is a fast (footballer – runner – cyclist). He rides his bike very fast.
7. Messi (played – scored – ran) two goals in the last match.
8. There are 100 centimeters in a (kilometer – millimeter – meter).
9. Mohamed Salah is a famous (cyclist – athlete – footballer).
10. The Egypt's national football team won the Africa (Ball – Cup – Medal) of Nations 7 times.
11. It was a great (challenge – medal – cup) to cycle 761 km around Egypt.
12. The Egyptian Mau can run up to 48 kilometers (a – an – the) hour.

4 Read the passage and answer the questions:

In 2018, cyclists in Egypt made a new world record. They made the largest GPS drawing by bicycle! The challenge was to cycle 761 km around Egypt, and record the direction of the race. The cyclists started at the Great Pyramids of Giza, and it took three days to finish.

The picture of their journey made the shape of a heart on the map! It was important because it made people think about how important it is to keep your heart healthy.

It isn't just Egyptian people who break world records. The Egyptian Mau is the fastest cat in the world. It can run up to 48 kilometers an hour!

A Answer the following questions:

1. What's the new world record they made?
2. Where did the cyclists start?



B Choose the correct answer:

3. The Egyptian Mau is the fastest **(lion – tiger – cat)** in the world.
4. The picture made the shape of a **(star – heart – circle)** on the map.

5 Write a paragraph of four sentences on:

"The Egyptian footballer you like"

Ideas to help you:

- Who's he?
- Why do you like him?
- Where does he play?
- What cups and medals he won.



....

....

....

....

6 Copy the following sentence:

The more you know, the more you go.

____

____







1 Supply the missing parts in the following dialogue: (2Ms)

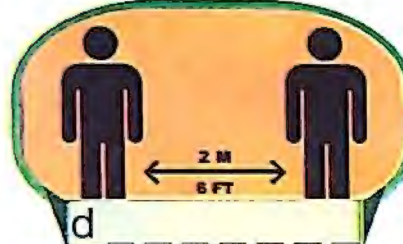
Hani : ....
Fady : Running is my favorite sport.
Hani : ....
Fady : I go to the track 3 times a week.

2 Supply the missing letters: (6Ms)


m _ _ _ _


r _ _ _


w _ _ _ _ _



d _ _ _ _ _ _ _


f _ _ _ _ _


a _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

1. I think he (won – wins – will win) a medal next month.
2. Was Adam (fast – faster – the fastest) than Tarek?
3. It's hard to run today (because – so – but) it's raining.
4. You should always (support – pressure – measure) your friend.
5. Will she (comes – come – came) first in the competition?
6. Taha jumps the (high – higher – highest) in the class.
7. I don't like high jump (and – or – but) long jump.
8. He (will – won't – is) do the swimming competition because he's scared of water.

4 Rewrite the following sentences doing as shown: (4Ms)

1. No, I won't make fun of my friend. (Will)
   ↳ ....
2. He can run 150 meters in 40 seconds. (How)
   ↳ ....



3. Mazen can jump far. Ali can jump very far. **(than)**
   ....

4. What will you do tomorrow? **(I .....)**
   ....

D Read the following passage and answer the questions below: (4Ms)

What is a world record? It's something which is the fastest, biggest, oldest, or smallest in the world. People in many different countries like trying to make new world records all the time.

Here are some famous Egyptian world records.

In 2017 / 2018, the Egyptian footballer Mohamed Salah set a world record when he played for the English team, Liverpool. He scored the highest number of goals in one season – 32 goals!

Egypt's national football team has a world record too. It is for winning the Africa Cup of Nations the most times. It won seven times, in 1957, 1959, 1986, 1998, 2006, 2008, and 2010!

A Answer the following questions:

1. What's the world record? ....
2. What record did Salah set? ....

B Choose the correct answer:

3. Egypt's team won the Africa Cup **(six – seven – eight)** times.
4. Salah is a **(basketball – handball – football)** player.

E Write a paragraph of four sentences on: (4Ms)

"How can you get ready for a competition"

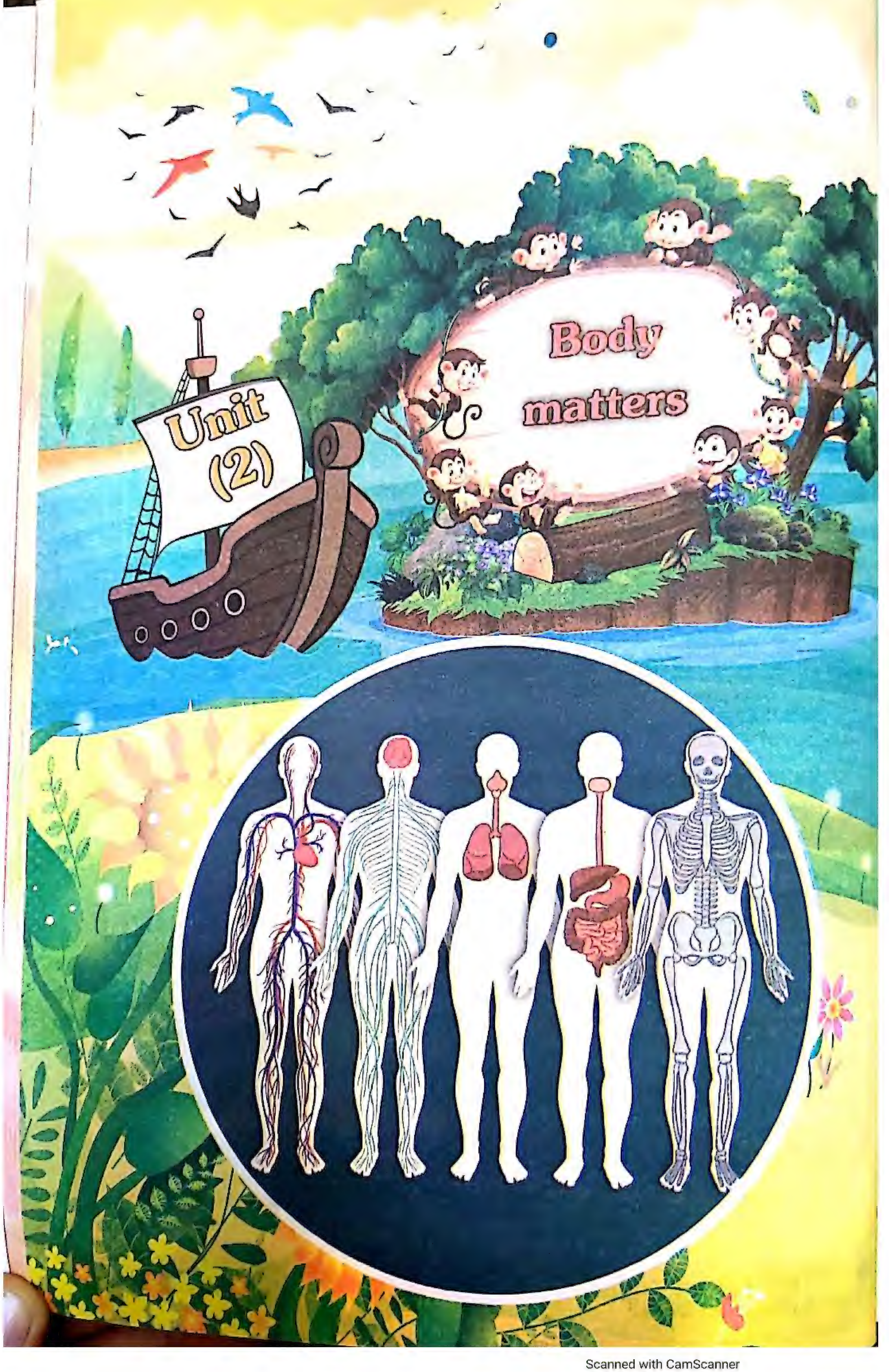
Ideas to help you:

- Training hard.
- Eating healthy food.
- Measure my time.
- Support from other people.

....
....
....

F Copy the following sentence: (2Ms)

Actions speak louder than words.


Unit (2)
Body matters

Lesson 1 Pages 17-16

A Vocabulary

arteries	شرايين		brain	المخ
veins	أوردة		skeleton	هيكل عظمي
blood vessels	أوعية دموية		pump it out	يضخه للخارج
beat	ينبض (للقلب)		oxygen	اكسجين
lungs	الرئتين		nutrients	مواد مغذية

living organisms	كائنات حية		control	يتحكم في
gas	غاز		grow	تنمو
liquid	سائل		away from	بعيدًا عن
look darker	يبدو أغمق		without	بدون
travel back	يعود - يرجع		interesting	ممتع

Expressions

how the heart works	كيف يعمل القلب
moves blood around our body	ينقل الدم لكل أجزاء الجسم
70 times a minute	٧٠ مرة في الدقيقة
make us strong	يجعلنا أقوياء

all parts of the body	كل أجزاء الجسم
the rest of the body	بقية الجسم
it was used	كان يستخدم
is added to the blood	يضاف للدم
That is why	لهذا السبب
pushes the blood to the lungs	يدفع الدم للرئتين
oxygenated blood	دم محمل بالأكسجين
There isn't a lot of oxygen left.	لا يوجد الكثير من الأكسجين متبقي.



arteries	: these carry blood with oxygen in it away from the heart.
veins	: these carry blood without a lot of oxygen in it to the heart.
blood vessels	: veins and arteries.
beat (v)	: to strike repeatedly.
lungs	: the pair of organs situated within the rib cage, consisting of passages into which air is drawn, so that oxygen can pass into the blood and carbon dioxide be removed.
brain	: an organ of soft nervous tissue contained in the skull.
skeleton	: all the bones that keep us strong and help us move.
oxygen	: a gas which all living organisms need.
nutrients	: we need these to help us grow.
living organisms	: all things that live, eat and grow.
gas	: a substance or matter in a state in which it will expand freely to fill the whole of a container, having no fixed shape and no fixed volume.
liquid	: a substance that flows freely but is of constant volume.
blood	: a liquid that carries oxygen and nutrients around your body.



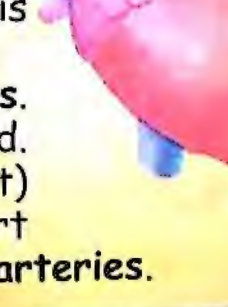


Today, we're going to learn about the body. Miss Mona is going to tell us how the heart works.

Did you know your heart **beats** about 70 times a minute? Your heart moves **blood** around your body. Our brain **controls** everything that happens in our body. Our **skeleton** helps us move and makes us strong. It's very interesting!

The heart is very important because it moves blood around your body. Blood carries **oxygen** and **nutrients** to all parts of the body.

Veins carry blood from the body to the heart. There isn't a lot of oxygen left in this blood because it was used in the body. That is why the blood looks darker.

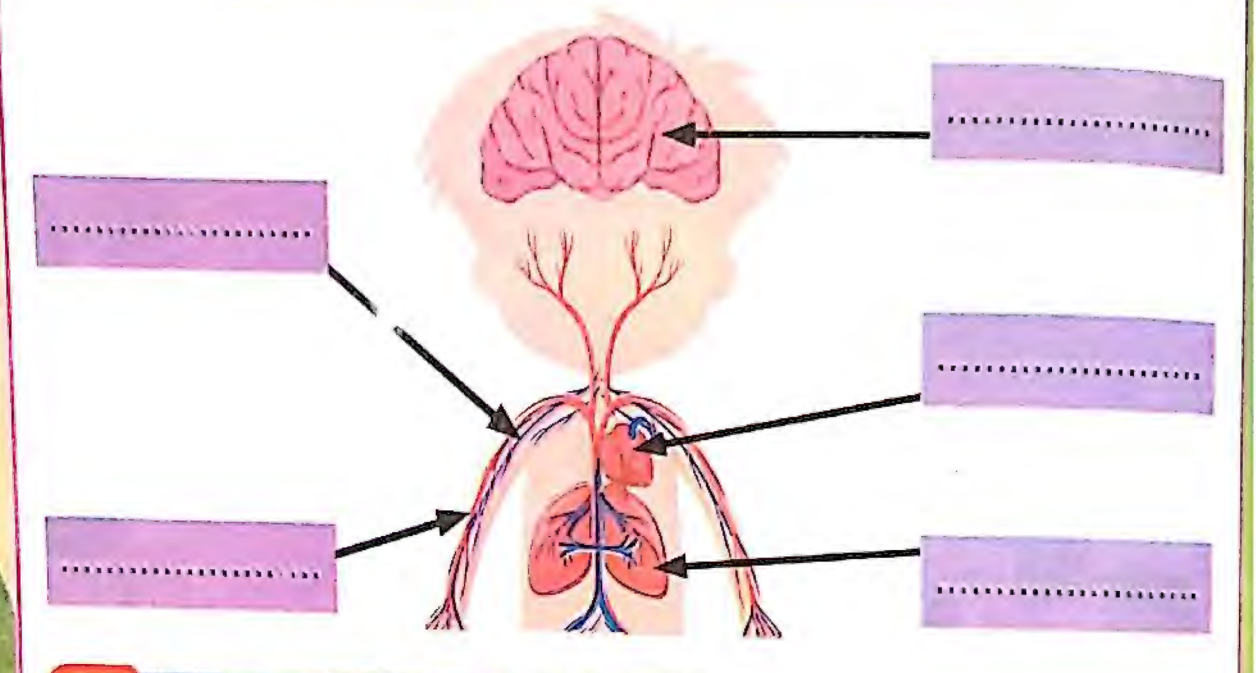


The heart pushes this blood to the **lungs**. In the lungs, oxygen is added to the blood. The oxygenated blood (now with oxygen in it) travels back to the heart and then the heart pumps it out to the rest of the body in the **arteries**.

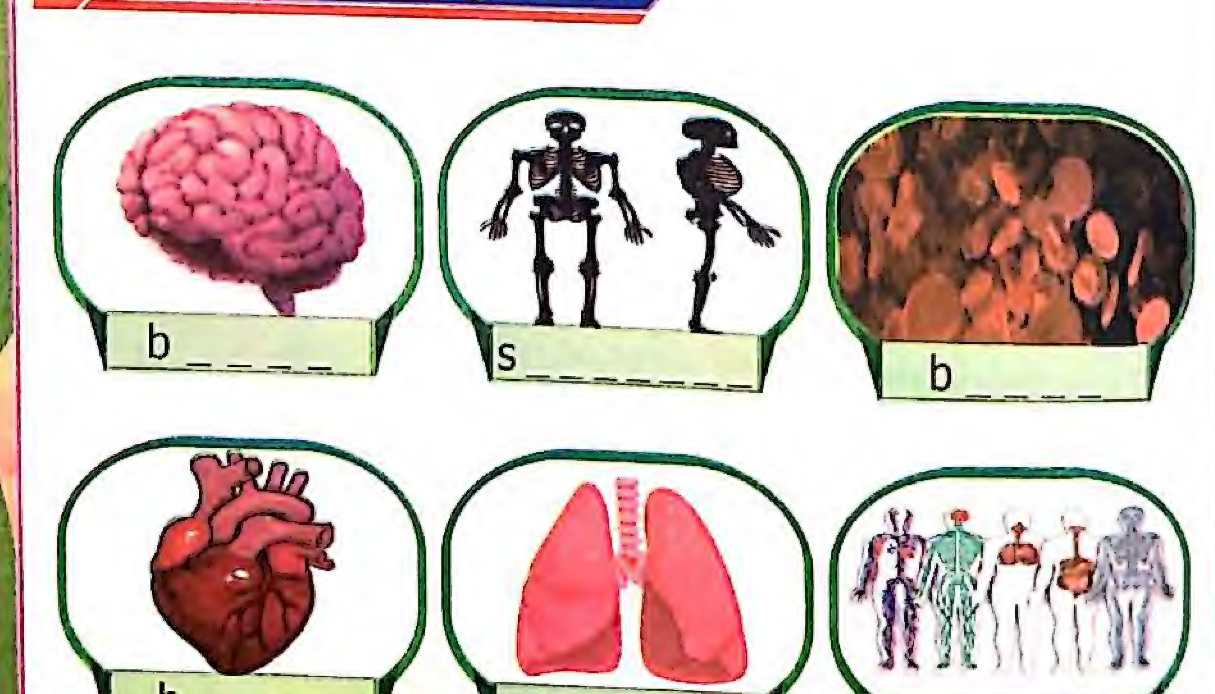


1 Write using the following words:

heart – lungs – veins – arteries – brain



2 Supply the missing letters:





3 Match "A" with "B":

'A'	'B'
1 oxygen	a) These carry blood with oxygen in it away from the heart.
2 nutrients	b) A gas which all living organisms need.
3 veins	c) A liquid that carries oxygen and nutrients around your body.
4 arteries	d) Veins and arteries.
5 blood	e) We need these to help us grow.
6 blood vessels	f) These carry blood without a lot of oxygen in it to the heart.

4 Read the following passage and answer the questions:

Today, we're going to learn about the body. Miss Mona is going to tell us how the heart works.

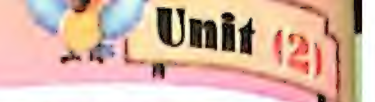
Did you know your heart beats about 70 times a minute? Your heart moves blood around your body. Our brain controls everything that happens in our body. Our skeleton helps us move and makes us strong. It's very interesting!

A Answer the following questions:

1. How many times does your heart beat?
2. How can your heart help your body?

B Choose the correct answer:

3. Our **(lungs – brain – veins)** controls everything in the body.
4. Our **(skeleton – arteries – vessels)** helps us move.



5 Read the following passage and answer the questions:

The heart is very important because it moves blood around your body. Blood carries oxygen and nutrients to all parts of the body.

Veins carry blood from the body to the heart. There isn't a lot of oxygen left in this blood because it was used in the body. That is why the blood looks darker.

The heart pushes this blood to the lungs. In the lungs, oxygen is added to the blood. The oxygenated blood (now with oxygen in it) travels back to the heart and then the heart pumps it out to the rest of the body in the arteries.

A Answer the following questions:

1. How does blood help your body?
2. How does the heart pump blood to the body?

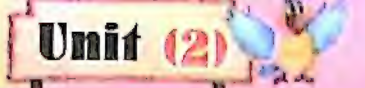
B Choose the correct answer:

3. **(Arteries – Veins – Vessels)** carry blood from the body to the heart.
4. In the **(brain – arteries – lungs)**, oxygen is added to the blood.

6 Copy the following sentence:

A good book is a good friend.





Lesson 2 Pages 18-19

A Vocabulary

skeleton	هيكل عظمي		organs	أعضاء الجسم	
bones	عظام		knee	ركبة	
muscles	عضلات		elbow	كوع	
ribs	ضلوع		jaw	فك	
skull	جمجمة		leg	رجل	
brain	مخ		arm	ذراع	

keep us strong	تجعلنا أقوياء	chew food	يمضغ الطعام
attached to	مرتبط بـ	protect	يحمي
lift (v)	ترفع	hard	صلب
turn	يلف - يستدير	soft	لين
kick	يركل - يشوط	safe	آمن
dance	يرقص	up and down	أعلى وأسفل



Word	Arabic	Word	Arabic
helmet	خوذة	wear	يرتدي
pad	واقي (الركبة أو الكوع)	climb	يتسلق
sunglasses	نظارة شمس	go to bed	ينام
rock	صخر	early	مبكرًا
mountain	جبل	ride a horse	يركب حصان
park	منتزه	have	يتناول
eyes	عيون	for dinner	للعشاء

Vocabulary Study

Word	Definition
bones	: the hard pieces that make up the skeleton.
muscles	: tissues in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.
ribs	: the curved bones (twelve pairs in humans) in the chest, protecting the organs like the heart and lungs.
skull	: a framework of bone or the head that enclose the brain.
organs	: parts of the body such as the heart or liver in humans.
knee	: the joint between the thigh and the lower leg in humans.
elbow	: the joint between the forearm and the upper arm.
jaw	: each of the upper and lower bony structures forming the framework of the mouth and containing the teeth.
chew	: bite and work (food) in the mouth with the teeth to make it easier to swallow.
protect	: to keep safe from harm or injury.
hard	: solid; not easily broken or bent.
soft	: easy to bend or compress; not hard.
helmet	: a hard protective hat.
pad	: the soft protective lined cloth that protects the knee or elbow.



B Structures

Near Future صيغة المستقبل القريب

Affirmative الإثبات	Negative النفى	Interrogative الإستفهام
I } am going to buy.	I } am not going to buy.	Am { I going to buy…?
He / She / It } is going to buy	He / She / It } isn't going to buy.	Is { he going to buy..? / she going to buy..? / it going to buy..?
You / We / They } are going to buy	You / We / They } aren't going to buy.	Are { you going to buy.? / we going to buy..? / they going to buy..?

تتكون من

(am – is – are) + going to + (bare verb) المصدر

* He's going to wear a helmet.

- We use it to express intentions and plans in the future.
- نستخدم صيغة المستقبل القريب للتعبير عن نيات وخطط فى المستقبل .
  * They are going to go to the park today.

- In the negative form, we add (not) after (am – is – are).
- عند النفى نضع (not) بعد (am – is – are).
  * She isn't going to climb the rock.

- In the interrogative form, we use (am – is – are) at the beginning of the question or after the question word with (going to + bare verb).
- عند عمل سؤال على صيغة المستقبل القريب , نبدأ السؤال بـ (am – is – are), أو نضع إحداهم بعد أداة الاستفهام مع (المصدر + going to ←).

* What are you going to do after school? ↳ I'm going to do some exercise.
* Is she going to wear her sunglasses? ↳ No, she isn't.
* Are you going to go to bed early? ↳ Yes, I am.

Our **skeleton** is all the bones that keep us strong and help us move. We need **muscles** to move our **bones**. Muscles are attached to bones and they lift and turn bones so we can walk, run, dance – anything! When we kick a ball, muscles make the bones in our leg and knee move.

Muscles in our arms and elbows move when you play tennis. We use muscles when we chew food, to move the **jaw bone** up and down.

Bones are hard, and they protect our soft organs. Our brain, heart and lungs are important organs that need to be safe.

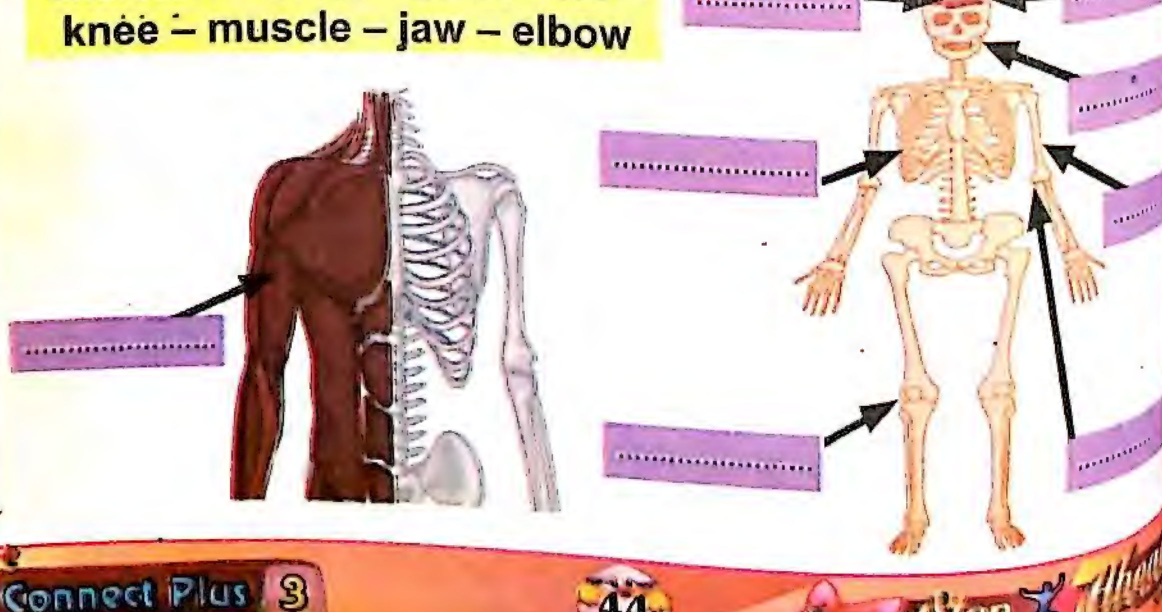
Exercises on Lesson 2

1 Supply the missing parts in the following dialogue:

Nada : Are you going to watch tonight's film?
Rana : ....
Nada : ....?
Rana : Because I'm going to go to bed early.
Nada : What are you going to do tomorrow?
Rana : ....

2 Write using the following words:

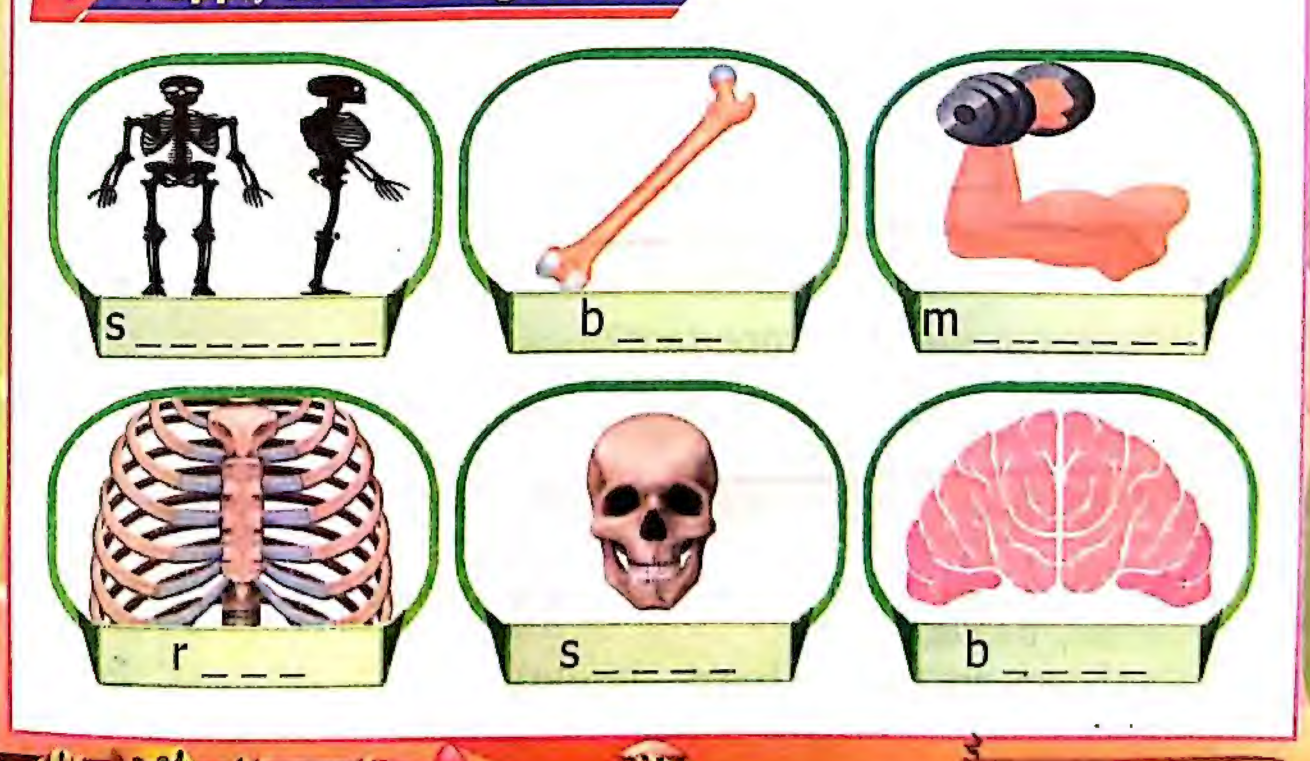
skeleton – brain – skull – rib – knee – muscle – jaw – elbow

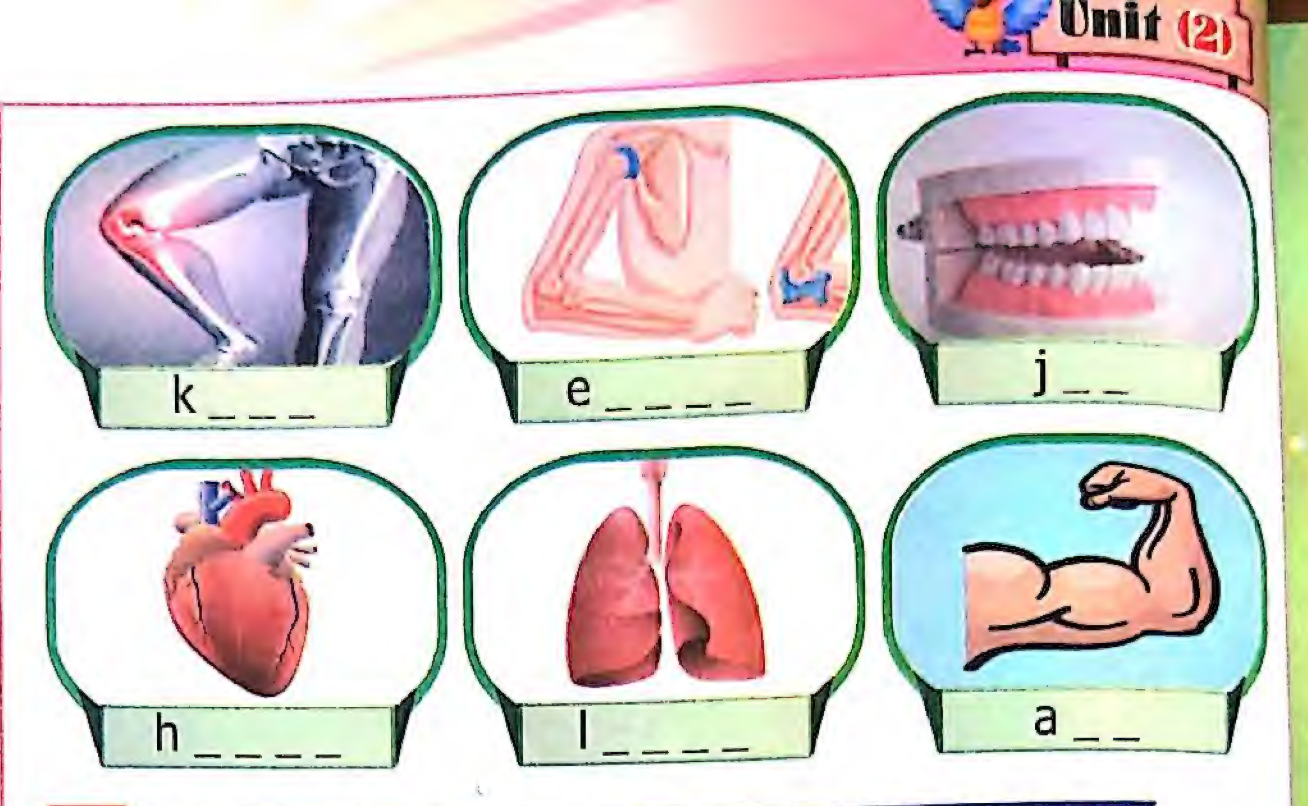


3 Choose the correct word in brackets:

1. He (am – is – are) going to watch the match.
2. They (am – is – are) going to help us.
3. I (am – is – are) going to have fish for lunch.
4. You (am – is – are) going to drop the glass.
5. She (am – is – are) going to come with us.
6. We (am – is – are) going to visit our grandparents.
7. I'm (go – goes – going) to wear a helmet.
8. She isn't going to (go – goes – going) to the park.
9. Manar (wears – wore – is going to wear) her blue dress for tomorrow's party.
10. He (buy – is going to buy – buys) a new bike next week.
11. (Are – Have – Do) you going to wear your helmet?
12. Is he going to (climb – climbs – climbing) the mountain?
13. Is she going to play video games? - No, she (doesn't – is – isn't).
14. Are they going to (has – have – had) chicken for dinner?
15. We are (go – goes – going) to go to the park after school.
16. (Is – Has – Does) he going to go to bed early?

4 Supply the missing letters:





D Read the following passage and answer the questions:

Our skeleton is all the bones that keep us strong and help us move. We need muscles to move our bones. Muscles are attached to bones and they lift and turn bones so we can walk, run, dance – anything! When we kick a ball, muscles make the bones in our leg and knee move.

Muscles in our arms and elbows move when you play tennis. We use muscles when we chew food, to move the jaw bone up and down.

Bones are hard, and they protect our soft organs. Our brain, heart and lungs are important organs that need to be safe.

A Answer the following questions:

1. Why is our skeleton important?
2. Why do we need muscles?

B Choose the correct answer:

3. Muscles in our arms and **(knees – jaws – elbows)** move when we play tennis.
4. Our bones are **(soft – hard – liquid)**.



6 Write a paragraph of four sentences on:

"What are you going to do tomorrow?"

Words to help you:

eat – play – watch – visit – go

....

....

....

7 Rewrite the following sentences using the words in brackets:

1. She plays with her friends. (tomorrow)
   ↳ ....
2. We ride our bikes on Friday. (going to)
   ↳ ....
3. He's going to go to the club. (not)
   ↳ ....
4. Yes, she's going to wear her sunglasses. (Is)
   ↳ ....
5. What are you going to do tomorrow? (I ......)
   ↳ ....
6. No, I'm not going to watch TV. (Are)
   ↳ ....
7. Does he help at home? (going to)
   ↳ ....
8. We go to Alexandria every year. (next week)
   ↳ ....
9. Are you going to have fish for dinner? (No, ...)
   ↳ ....
10. Is she going to wear pads? (Yes, ...)
   ↳ ....

Lesson 3 Pages 20-23

Vocabulary

tired	مجهد - متعب	enough nutrients	تغذية كافية
cross (adj)	غاضب	changes	تغيرات
positive	إيجابي - واثق من نفسه	mostly	في الغالب
relaxed	مسترخ	right ideas	أفكار جيدة
mood	حالة مزاجية	agree	يقبل - يوافق
argument	جدال	face	يواجه

meal	وجبة	forget	ينسى
hungry	جوعان	get	يحصل على
fruit	فاكهة	try	أحاول
vegetables	خضراوات	prefer	يفضل
piece	قطعة	tell	يخبر
sweet - candy	حلوى	cycling	ركوب الدراجات
snack	وجبة خفيفة	always	دائمًا
juice	عصير	usually	عادة

cup	فنجان	sometimes	أحيانًا
soda	مياه غازية	ever	دومًا
lunch	الغداء	never	أبدًا - مطلقًا
dinner	العشاء	Brilliant!	رائع!

Expressions

skip breakfast	لا يتناول طعام الإفطار
stay up late	يظل متيقظًا حتى وقت متأخر ليلاً
How often	كم مرة - كم عدد المرات
How much sleep	ما كمية النوم
healthy lifestyle	نمط حياة صحي
healthy choices	خيارات صحيحة
a glass of water	كوب من الماء
Keep trying!	داوم على المحاولة. لا تيأس.
Well done!	حسنًا فعلت. برافو.
on a school night	في ليلة يكون هناك مدرسة صباحًا
on the weekend	في عطلة نهاية الأسبوع

take a walk outside	يقوم بتمشية خارج البيت
feel calm	يشعر بالهدوء
feel angry	يشعر بالغضب
at the right time	في الوقت المناسب
do exercise	يقوم بعمل تمرينات
play football	يلعب كرة قدم
go swimming	يذهب للسباحة



tired	: in need of sleep or rest.
cross (adj)	: annoyed.
positive	: constructive, optimistic, or confident.
relaxed	: free from tension and anxiety; at ease.
calm	: not showing or feeling anger, or other strong emotions.
angry	: having a strong feeling of or showing annoyance.
mood	: a temporary state of mind or feeling.
argument	: an exchange of diverging or opposite views, typically a heated or angry one.
face	: be positioned with the face or front toward (someone or something).
changes	: the act or instance of making or becoming different.
healthy	: in good health.
lifestyle	: the way in which a person lives.

B Structures

Enrich your knowledge أضف إلى معلوماتك

like – love – prefer → [v. + ing] or [noun]

الأفعال [like – love – prefer] يتبعوا بـ [فعل + ing] أو اسم.

- I like (eating) fruit and vegetables.
- I prefer watching TV.
- I love playing video games.

feel → adj

فعل (feel) ← يتبع بصفة.

- I feel tired and cross.
- I feel happy and calm.
- I feel hungry.
- I feel relaxed.

How often * كم مرة - كم عدد المرات

الإجابة على السؤال البادئ بـ (How often) تكون بإحدى طريقتين، إما باستخدام كلمات مثل: (...not very often – never – usually – sometimes – always) أو بذكر عدد المرات.

- How often do you go to the club?
  - I usually go to the club.
  - I go to the club three times a week.
- How often do you drink water?
  - Not very often.
  - I drink one glass of water with my lunch and dinner.

(always – usually – sometimes – never)

هذه الكلمات توضع قبل الفعل الأساسي أو بعد (v. to be) ← (are – is – am).

- I never eat in the morning.
- She's never late for school.
- I always eat five pieces of fruit a day.
- I'm always in a good mood.
- I usually sleep for seven hours.
- I sometimes stay up late on a school night.
- Sometimes I feel tired.

لاحظ أن (sometimes) يمكن أيضًا أن تأتي في بداية أو نهاية الجملة.



play → ball games		تتبع بالرياضات التي تلعب بالكرة
go → (ing) games		تتبع بالرياضات المنتهية بـ(ing)
do → other games		تتبع ببقية الرياضات

- I play football in the club.
- I go swimming once a week.
- I do [sport – exercise – judo – karate] with my friends.



Exercises on Lesson 3

1 Supply the missing parts in the following dialogue:

Ayman : Do you ever skip breakfast?
Ehab : ....
Ayman : What do you usually have for lunch?
Ehab : ....
Ayman : .... ?
Ehab : I always eat five pieces of fruit a day. Sometimes six or seven.

2 Supply the missing letters:



h _ _ _ _ _ a _ _ _ _ _ _ _ _ n _ _ _ _
v _ _ _ _ _ _ _ _ _ j _ _ _ _ s _ _ _ _
r _ _ _ _ _ _ c _ _ _ _ w _ _ _ _













3 How healthy are you?

① Do you ever skip breakfast?

a) Yes, every day. I never eat in the morning.

b) Sometimes, but I try not to.

c) No, I always eat breakfast. It's my favorite meal!

② How much sleep do you get every night?

a) I usually sleep for seven hours.

b) Between seven and nine hours.

c) I get nine or ten hours every night.

③ Do you play outside every day?

a) No, I prefer watching TV or playing video games.

b) I sometimes play outside after school or on the weekend.

c) Yes, I love being outside.

④ How often do you eat fruit and vegetables?

a) I have one or two pieces a day.

b) I try to eat five pieces a day, but I don't every day.

c) I always eat five pieces a day, sometimes six or seven!

⑤ How often do you drink water?

a) Not very often – I prefer juice and soda.

b) I drink one glass of water with my lunch and dinner.

c) I have about six cups a day, and more when it's hot.

4 Supply the missing letters:

be calm – be in a good mood – be positive – have an argument – skip breakfast – stay up late

1 
....

2 
....

3 
....

4 
....

5 
....

6 
....

5 Complete the sentences using the following words:

is calm – is in a good mood – be positive – have an argument – skip breakfast – stay up late

❶ I don't .... because the next day I feel tired and angry.

❷ When I feel worried I try to .... and think of nice things.

❸ Nora does exercise every morning so that she .... all day.

❹ I feel unhappy when I .... with my friend.

❺ I get hungry and tired if I ....

❻ Wael doesn't shout or cry when things go wrong. He ....

6 Put a (✓) or (✗):

Laila: I sometimes stay up late on a school night because I like watching TV and playing video games. In the morning I feel tired and cross! ☐

Adam: When I find things difficult at school, or I have arguments with my friends, I try to stay positive. I like taking a walk outside, because it helps me feel happy and calm. ☐

Dareen: I do exercise every day – I play football or go swimming. I like cycling too. I'm always in a good mood after I do exercise. ☐

Zain: I like fruit, but I eat a lot of sweet snacks too. Sometimes I feel tired, so I have candy and snacks. My mom says I don't get enough nutrients. ☐

Malak: I like school, but I sometimes worry because I have arguments with my friends. Then I feel angry and sad. I don't tell anyone. I play video games and try to forget about it. ☐

7 Write a paragraph of four sentences on:

"How healthy are you?"

Ideas to help you:

How often do you (exercise – sleep – watch TV – play video games – eat healthy food)?

....

....

....

8 Copy the following sentence:

Four eyes see better than two.

____

____

Lesson 4 Pages 24-25

A Vocabulary



English	Arabic	English	Arabic
skin	جلد	top	قمة
dirt	قذارة	middle	منتصف
germs	جراثيم	bottom	قاع
layer	طبقة	weather	طقس
attach ... to ...	يرتبط بـ	cool	بارد
sunburn	سفعة شمس - ضربة شمس	warm	دافئ
wear sunscreen	يضع كريم واقٍ من الشمس	hot	حار
look after	يعتني بـ	sun	شمس
as well as	علاوة على	damage (v)	يتلف
get through	يخترق	the largest	الأضخم

Phonics the "o" sounds:

long "oo"		short "oo"	
mood	حالة مزاجية	book	كتاب
food	طعام	cook	يطهي



moon	قمر	good	جيد
room	حجرة	wood	خشب

Vocabulary Study

skin	: the thin layer of tissue forming the natural outer covering of the body of a person or animal.
dirt	: to enjoy.
germs	: a substance, such as mud or dust, that stains someone or something.
layer	: a covering, typically one of several, covering a surface or body.
sunburn	: harm of the skin caused by overexposure to the ultraviolet rays of the sun.
sunscreen	: a cream or lotion rubbed on to the skin to protect it from the sun.
damage (v)	: to cause harm to something.
weather	: the state of the atmosphere at a place and time.

Reading

Our skin is the largest organ in our body, and it's very important. It protects us from the sun, as well as from dirt and germs. It keeps you cool in hot weather, and warm in cold weather! We need to look after our skin to keep it healthy. Our skin has got lots of layers – look:

1. **Top layer** : This is strong. Water can't get through it!
2. **Middle layer:** We can feel hot and cold things here. This has got blood vessels.
3. **Bottom layer:** This attaches your skin to your bones and muscles. The sun can damage our skin. We can get sunburn. It's important to wear sunscreen to protect our skin. Do your wear sunscreen?





1 Supply the missing parts in the following dialogue:

Dina : Do you know what the largest organ in our body is?

Ola : Is it our brain?

Dina : ....

Ola : .... ?

Dina : No, it isn't our lungs.

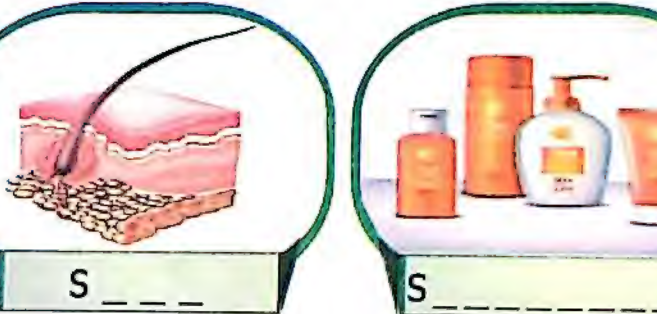
Ola : .... ?

Dina : Yes, it's our skin.

2 Supply the missing letters:



s _ _ _ _ _ _ _

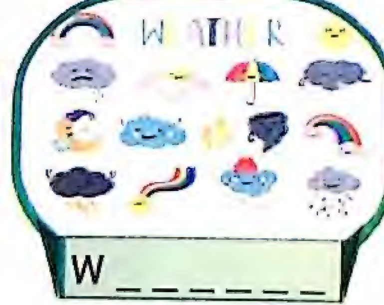


s _ _ _

s _ _ _ _ _ _ _ _



g _ _ _ _



w _ _ _ _ _ _



h _ _



t _ _



m _ _ _ _ _



b _ _ _ _ _



3 Read the passage and answer the questions:

Our skin is the largest organ in our body, and it's very important. It protects us from the sun, as well as from dirt and germs. It keeps you cool in hot weather, and warm in cold weather! We need to look after our skin to keep it healthy. Our skin has got lots of layers – look:

The top layer is strong. Water can't get through it! The middle layer helps us to feel hot and cold things. It has got blood vessels. The bottom layer attaches your skin to your bones and muscles. The sun can damage our skin. We can get sunburn. It's important to wear sunscreen to protect our skin.

1. Our skin keeps us .... in hot weather and .... in cold weather.
2. .... can't get through our top layer of skin.
3. We have got .... in the middle layer of skin.
4. Our bottom layer of skin is attached to our .... and ....
5. We can get .... from the sun.

4 Copy the following sentence:

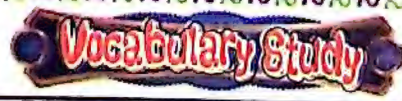
Don't put all your eggs in one basket.





A Vocabulary

human body	الجسم البشري		mouth	فم
stomach acid	حمض المعدة		teeth	أسنان
swallow	يبتلع		tongue	لسان
chew	يمضغ		jaw	فك
absorb	يمتص		change	يغير
break down	يحلل - يكسر		push it down	تدفعه لأسفل
saliva	اللعاب		get rid of	يتخلص من
digestion	هضم		Have a look.	إلق نظرة.
special liquid	سائل خاص		unhealthy	غير صحي
energy	طاقة		called	يسمى



Vocabulary Study

stomach	: the internal organ in which the major part of the digestion of food happens.
stomach acid	: a chemical substance in the stomach that helps to digest food.
swallow	: cause or allow foods or drinks to pass down the throat.
absorb	: to take in or soak up (energy or a liquid or other substance) by chemical or physical action.

break down	: to change the food inside the stomach into a liquid.
saliva	: the liquid into the mouth chewing and swallowing, and helping digestion.
digestion	: the process of breaking down food into substances that can be used by the body.
energy	: the strength needed for physical or mental activity.
tongue	: the fleshy muscular organ in the mouth, used for tasting, licking, swallowing .... .
get rid of	: to throw away things that are unwanted.
unhealthy	: not healthy, harmful to health.

We know it's important to eat healthy food. But do you know what happens to food after you eat it?

When we **swallow** food, it goes to our stomach. We get **energy** and **nutrients** from the food we eat. But our bodies have to change the food so it can use it. It has to **break down** the food before it can **absorb** it. We chew food in our mouths, using our teeth, tongue and jaw. We need **saliva** to help us do this. This is a liquid made in our mouth. Then we swallow the food. Muscles help to push it down to our stomach. When the food is in our stomach, another special liquid called '**stomach acid**' breaks down the food. This is called **digestion**. Now the body can absorb the nutrients it needs from the food, and get rid of the things it doesn't need.



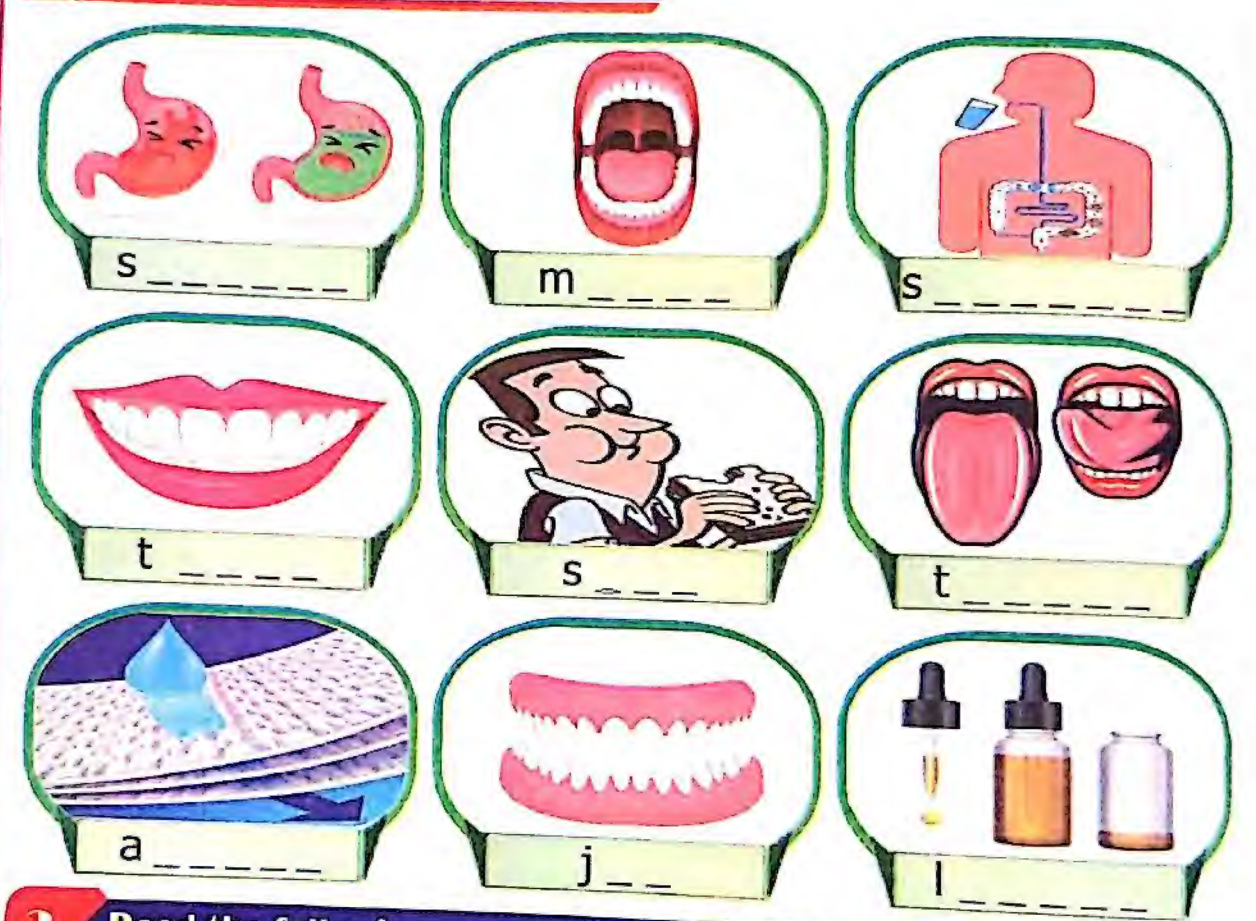
1 Complete the sentences using the following words:

stomach – chew – swallow – breaks down – teeth – tongue – saliva – absorb – mouth

1. First, we put food in our ....
2. We make food smaller with our ....
3. We .... our food with our teeth, ... and jaw.
4. We have a liquid called .... in our mouth to help.

5. When our food is smaller, we can .... it.
6. When we eat, food goes to our ....
7. In the stomach, our body .... the food.
8. Then we can .... the nutrients we need.

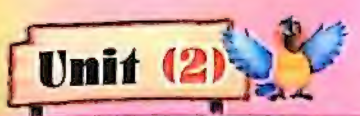
2 Supply the missing letters:



3 Read the following passage and answer the questions:

We know it's important to eat healthy food. But do you know what happens to food after you eat it?

When we swallow food, it goes to our stomach. We get energy and nutrients from the food we eat. But our bodies have to change the food so it can use it. It has to break down the food before it can absorb it. We chew food in our mouths, using our teeth, tongue and jaw. We need saliva to help us do this. This is a liquid made in our mouth. Then we swallow the food. Muscles help to push it down to our stomach. When the food is in our stomach, another special liquid called 'stomach acid' breaks down the food. This is called digestion. Now the body can absorb the nutrients it needs from the food, and get rid of the things it doesn't need.



A // Answer the following questions:

1. What do we get from the food we eat?
2. What's saliva?

B // Choose the correct answer:

3. We chew food in our **(stomach – lungs – mouth)**.
4. Our bodies can **(absorb – break down – get rid of)** the nutrients it needs from the food.

C // Number in order:

☐ a) Muscles help push food from our mouths into our stomach.

☐ b) The body absorbs nutrients from our food.

☐ c) Saliva helps break down the food in our mouths.

☐ d) Stomach acid breaks down the food in our stomach.

☐ e) We swallow the food.

☐ f) We chew food in our mouths.

4 Copy the following sentence:

Better late than never come.

____

____

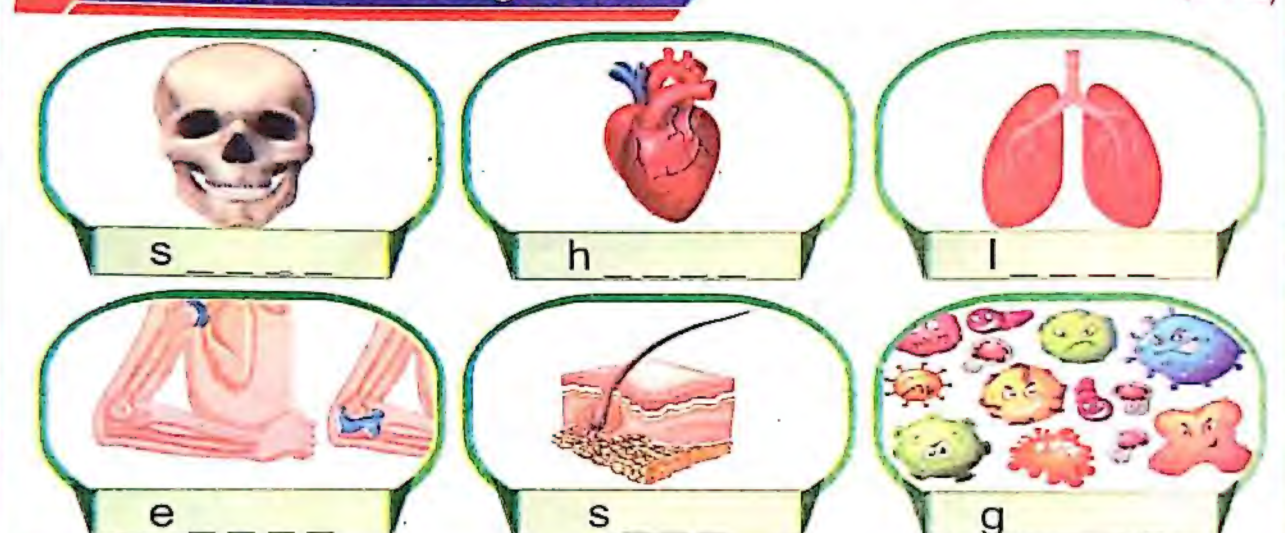
Unit Test 2 (2)



1 Supply the missing parts in the following dialogue: (2Ms)

Amar : .... ?
Fady : I usually sleep for six hours every night.
Amar : Do you ever stay up late?
Fady : ....

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

1. He's **(go – going – goes)** to climb the rock.
2. I **(never – usually – always)** eat in the morning. I love breakfast.
3. **(Is – Has – Does)** she going to drink juice or soda?
4. Muscles are attached **(at – to – for)** bones.
5. They are going to **(go – goes – going)** swimming.
6. We need **(veins – arteries – nutrients)** to help us grow.
7. Are they going to **(wear – wears – wearing)** their pads?
8. Your heart moves **(vessels – blood – stomach)** around your body.

4 Rewrite the following sentences doing as shown: (4Ms)

1. Yes, he's going to ride a horse. **(Is)**
   ....
2. What are you going to do next Friday? **(I .....)**
   ....

3. Are they going to drink soda? (No, ...)
....

4. We're going to do exercise after school. (not)
....

5 Read the following passage and answer the questions below: (4Ms)

Tomorrow is a holiday. I'm going to watch TV. My brother Hady is going to read some books. My sister Mai is going to play with her friends. My friend Sameh is going to go to the cinema. My friends Ahmed and Gamal are going to ride their bikes.

A Answer the following questions:

1. What's Hady going to do tomorrow?

....

2. Where's Sameh going to go tomorrow?

....

B Choose the correct answer:

3. Hady has **(no sisters – one sister – two sisters)**.
4. Tomorrow is a **(Monday – Wednesday – holiday)**.

6 Write a paragraph of four sentences on: (4Ms)

"The organs in your body and why they are important"

Ideas to help you:

heart – move blood – skeleton – strong – stomach – digestion – skin – protect – bones – move

....
....
....
....

7 Copy the following sentence: (2Ms)

A liar isn't believed when he tells the truth.


Unit (3)
What's on your plate?
vegetables
carbohydrates
fats
dairy
protein

Lesson 1 Pages 30-31

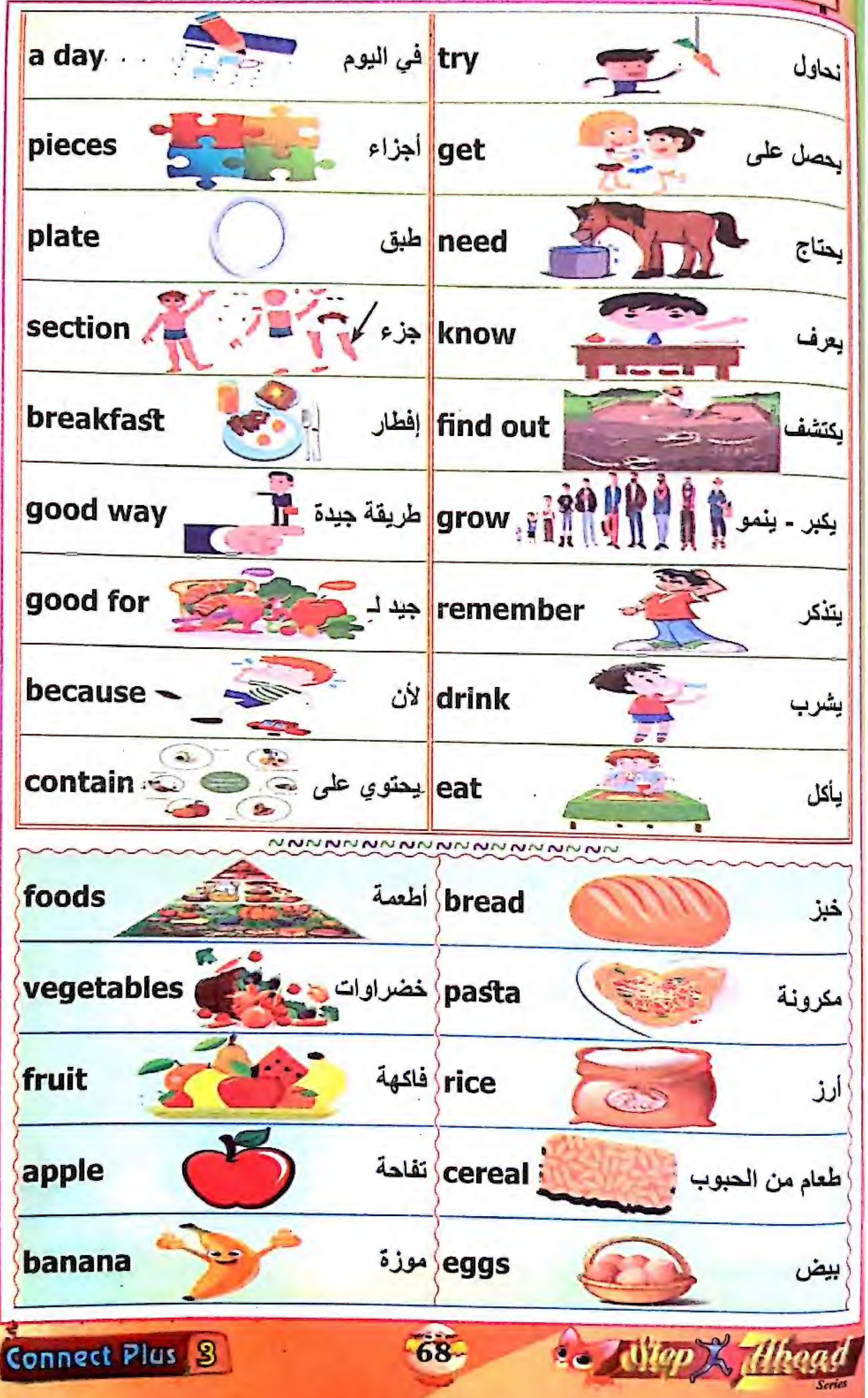
A Vocabulary



English	Arabic	English	Arabic
carbohydrates	كربوهيدرات	dairy	منتجات ألبان
protein	بروتين	calcium	كالسيوم
vitamins	فيتامينات	nutrients	مواد مغذية
fats	دهون	balance	توازن
minerals	معادن	energy	طاقة
sugar	سكريات - سكر	delicious	لذيذ
fiber	ألياف	healthy diet	نظام غذائي صحي



English	Arabic	English	Arabic
make you strong	تجعلك قوي	parts of the body	أجزاء الجسم
right kinds	أنواع صحيحة	muscles	عضلات
important	هام - مهم	heart	قلب
different	مختلف	skin	جلد
work well	يعمل بجد	bones	عظام



English	Arabic	English	Arabic
a day	في اليوم	try	نحاول
pieces	أجزاء	get	يحصل على
plate	طبق	need	يحتاج
section	جزء	know	يعرف
breakfast	إفطار	find out	يكتشف
good way	طريقة جيدة	grow	يكبر - ينمو
good for	جيد لـ	remember	يتذكر
because	لأن	drink	يشرب
contain	يحتوي على	eat	يأكل

English	Arabic	English	Arabic
foods	أطعمة	bread	خبز
vegetables	خضراوات	pasta	مكرونة
fruit	فاكهة	rice	أرز
apple	تفاحة	cereal	طعام من الحبوب
banana	موزة	eggs	بيض

fish	سمك	spread	معجون للأكل (كالزبدة)
meat	لحمة	milk	لبن
oils	زيوت	cheese	جبن
olive oil	زيت زيتون	cake	كيك
soda	مشروب غازي	biscuit	بسكويت

Vocabulary Study

carbohydrates	: a nutrient that gives us energy. We can get it in bread, pasta, rice, and cereal.
protein	: a nutrient that helps us grow and to make our bodies strong. It's in meat, fish and eggs.
fats	: a nutrient that helps us absorb some important vitamins. It's in some oils and spreads such as olive oil and butter.
vitamins	: a nutrient that we can get in fruit and vegetables.
minerals	: a nutrient such as calcium and zinc.
sugar	: a nutrient that we can get in sweet foods and drinks.
fiber	: a nutrient from which a vegetable or fruit tissue, mineral substance ..... .
dairy	: foods and drinks that come from milk like cheese. . . .
calcium	: One of the minerals that our bodies need.
nutrients	: substance that provides food important for growth and keeping someone alive.
balance	: a condition in which different elements are equal or in the correct proportions.
energy	: the strength and power needed for physical or mental activity.
delicious	: tastes good.
healthy	: good and right to eat.
section	: One part from many parts.

I always have fruit at breakfast - an apple or a banana. There are lots of **vitamins** in fruit, and there is fiber, too! Do you like fruit, Hany?

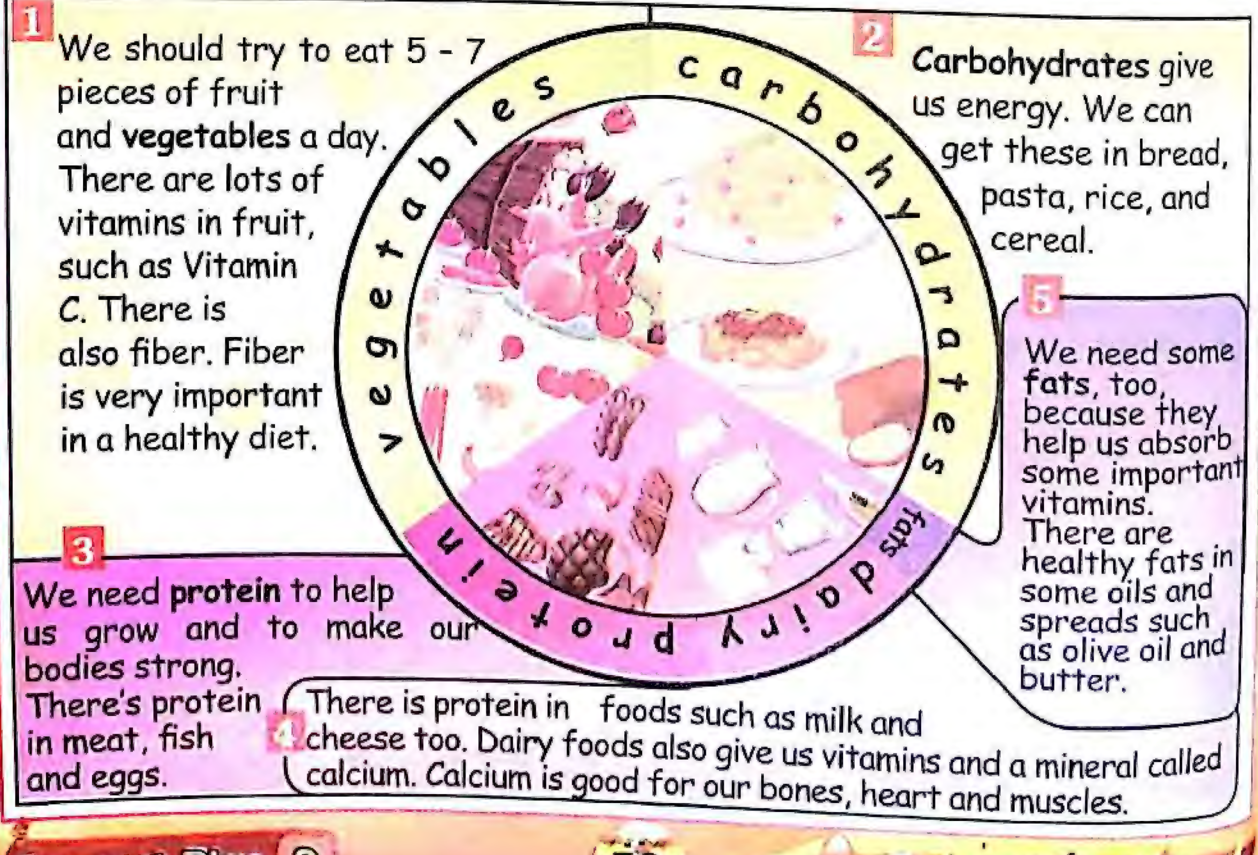
Yes, I do, but what are **vitamins**? Why do we need them?

Vitamins are **nutrients** in some foods. They're good for all parts of your body, and they make you strong! Mom says we should eat lots of fruit to get the vitamins we need.

That's good, because fruit is **delicious**! Are there vitamins in eggs?

Yes, they are!

It's important to get a balance of the right kinds of food. Our bodies need lots of different nutrients, including vitamins and minerals, to work well and be healthy. This healthy eating plate is a good way to think about what we need.



1 We should try to eat 5 - 7 pieces of fruit and **vegetables** a day. There are lots of vitamins in fruit, such as Vitamin C. There is also fiber. Fiber is very important in a healthy diet.

2 **Carbohydrates** give us energy. We can get these in bread, pasta, rice, and cereal.

3 We need **protein** to help us grow and to make our bodies strong. There's protein in meat, fish and eggs.

4 There is protein in foods such as milk and cheese too. Dairy foods also give us vitamins and a mineral called calcium. Calcium is good for our bones, heart and muscles.

5 We need some **fats**, too, because they help us absorb some important vitamins. There are healthy fats in some oils and spreads such as olive oil and butter.

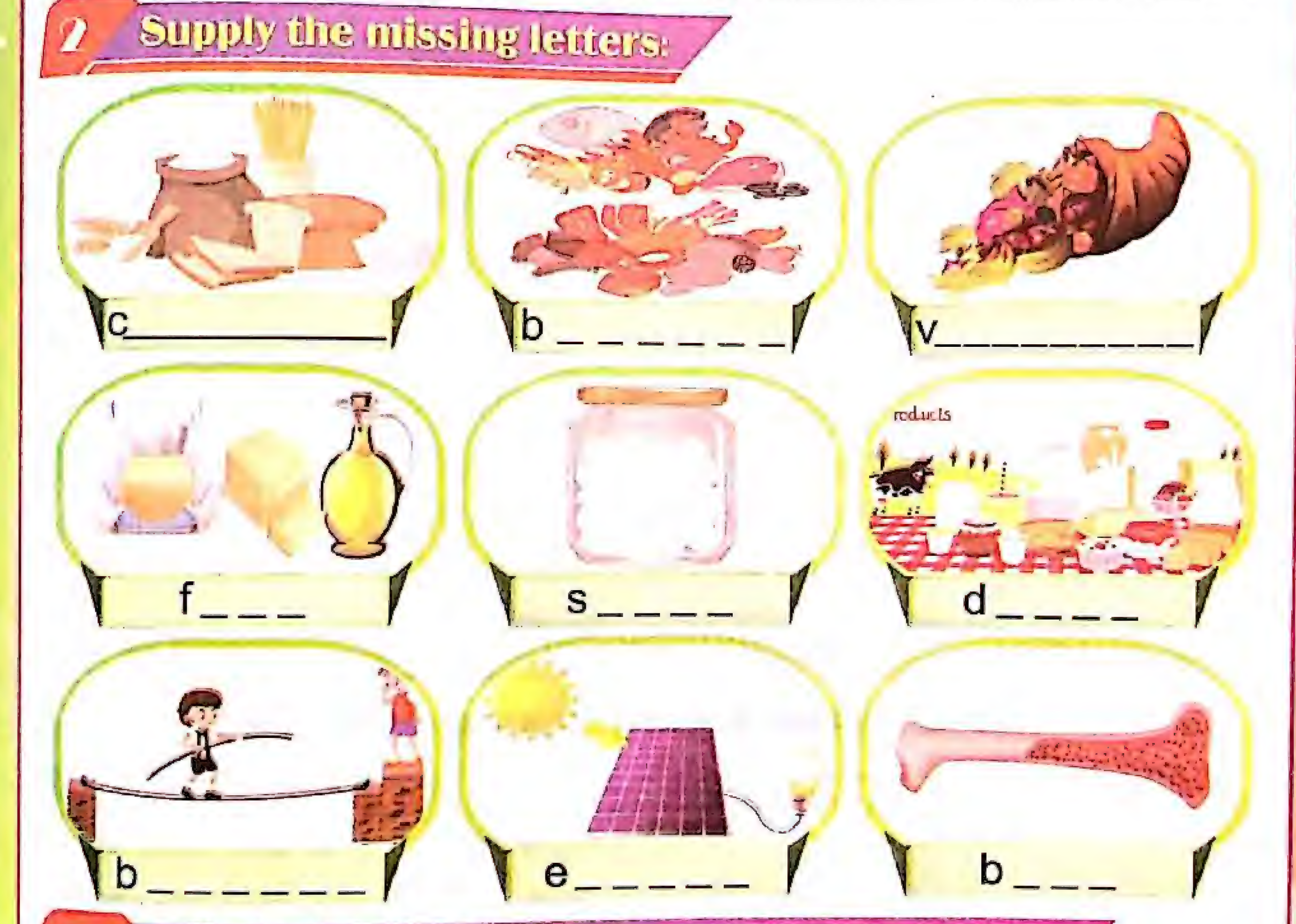


Exercises on Lesson 1

1 Supply the missing parts in the following dialogue:

Samy : .... ?
Hosam : Yes, I eat healthy food.
Samy : Can you remember a food in the dairy section?
Hosam : ....
Samy : Can you remember a food in the carbohydrate section?
Hosam : ....

2 Supply the missing letters:



3 Read the following passage and answer the questions:

It's important to get a balance of the right kinds of food. Our bodies need lots of different nutrients, including vitamins and minerals, to work well and be healthy. We should try to eat 5 – 7 pieces of fruit and vegetables a day. There are lots of vitamins in fruit, such as Vitamin C. There is also fiber. Fiber is very important in a healthy diet. Carbohydrates give us energy. We can get these in bread, pasta, rice,

and cereal. We need protein to help us grow and to make our bodies strong. There's protein in meat, fish and eggs. There is protein in dairy foods such as milk and cheese too. Dairy foods also give us vitamins and a mineral called calcium. Calcium is good for our bones, heart and muscles. We need some fats, too, because they help us absorb some important vitamins. There are healthy fats in some oils and spreads such as olive oil and butter.

A Choose the correct answer:

1. There are lots of (carbohydrates – fats – vitamins) in fruit.
2. There's (protein – fiber – calcium) in meat and fish.
3. Milk and cheese are (daily – diary – dairy) foods.
4. There are (vitamins – fats – carbohydrates) in olive oil and butter.
5. (Fiber – Calcium – Cereal) is good for our bones.
6. We can get (carbohydrates – protein – vitamins) in bread, pasta and rice.
7. There's (fat – protein – fiber) in fruit.
8. Calcium is a (vitamin – mineral – protein).
9. We need (protein – fiber – vitamins) to help us grow.
10. (Vitamins – Carbohydrates – Fiber) give us energy.
11. (Protein – Fats – Sugar) help us absorb some important vitamins.
12. Cakes, biscuits and soda contain (sugar – protein – fiber).

4 Write a paragraph of four sentences on:

"The foods and drinks you have every day"



breakfast – lunch – dinner



....

....

....

5 Copy the following sentence:

The sooner the better.

____

____

Lesson 2 Pages 32-33

A Vocabulary



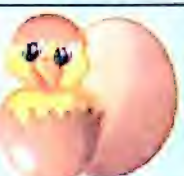
English	Arabic	English	Arabic
living things	الكائنات الحية	hydrated	رطب (به ماء كافٍ)
humans	بنو آدم	dehydrated	جاف
animals	حيوانات	joints	مفاصل
plants	نباتات	sweat	عرق - يعرق
pure water	ماء نقي	temperature	درجة الحرارة
soil	تربة	toxins	سموم
roots	جذور	health	صحة

English	Arabic	English	Arabic
organs	أعضاء الجسم	do exercise	يتمرن
blood vessels	أوعية دموية	do a race	يشارك في سباق
oxygen	أكسجين	athlete	لاعب ألعاب قوى
stomach	معدة	hot country	دولة حارة

Word	Meaning
brain	مخ
live	يعيش
carry	يحمل
work better	يعمل بشكل أفضل
think	يفكر - يعتقد
lose	يفقد - يخسر
move	يحرك - يتحرك
want	يريد - يرغب
difficult	صعب
ill	مريض
headache	صداع
feel tired	يشعر بالتعب
hot weather	طقس حار
cold	بارد
liquid	سائل
drinks	مشروبات
juices	عصائر
tea	شاي
cookies	بسكويت
but	لكن
every day	كل يوم
tomorrow	غدًا
What happens?	ماذا يحدث؟
How much	ما كمية



Prepositions

good for us		جيد لنا	made up		يتكون من
break down into		يتحلل إلى	get rid of		يتخلص من
help with		يساعد في	come out of		يخرج من
around the body		في كل أجزاء الجسم	get it from		تحصل عليها من



living things	: anything that live, eat and grow.
humans	: a man, woman, or child.
pure	: not mixed or adulterated with any other substance or material.
soil	: the upper layer of earth in which plants grow.
roots	: the part of a plant which attaches it to the ground.
hydrated	: when your body gets enough water.
dehydrated	: when your body doesn't get enough water.
joints	: the parts of your body that move.
sweat	: a liquid that comes out of your skin when you are hot.
temperature	: how hot or cold you feel.
toxins	: things you don't want in your body; they can make you ill.
health	: the state of being free from illness or injury.

Why do we need water?



All living things need water. Animals and humans drink water. Plants get it from the soil in their roots. We all know water is good for us, but do you know how important it is for our health? Our blood is about 82% water. Blood carries oxygen and nutrients around the body. We eat food, and it breaks down into nutrients in our stomach. Water helps with this, and it also helps carry the nutrients around the body in our blood vessels.

Our brains are made up of about 75% water.



If you drink enough water, your brain works better. If you don't drink enough water, you get dehydrated. You feel tired and you don't have a lot of energy. You can get a headache or find it difficult to think. When you are hydrated, it means you are getting enough water. It's good for your joints, your bones and your body temperature.



Water also helps your body to get rid of toxins from your body, and helps the other organs in your body to work well. Children should drink about 1.5 litres of water every day. Most of this should be pure water, but we can also get water from other drinks such as milk, tea and fruit juices, and fruits and vegetables. We should drink more water in hot weather, because we lose water when we sweat.

B Structures

should يجب - shouldn't لا يجب

✦ We can give advice by using (should – shouldn't).

✦يمكن إسداء النصح باستخدام (should – shouldn't) ويتبعا بالمصدر.

✦ You should drink enough water every day.

✦ You shouldn't eat cookies every day.

✦ Should I drink milk every day? — Yes, you should.

✦ Should he eat lots of candies and cakes? — No, he shouldn't.

Exercises on Lesson 2

1 Match "A" with "B":

'A'	'B'
1 hydrated	a) a liquid that comes out of your skin when you are hot.
2 dehydrated	b) when your body gets enough water.
3 joints	c) the parts of your body that move.
4 toxins	d) how hot or cold you feel.
5 temperature	e) things you don't want in your body; they can make you ill.
6 sweat	f) when your body doesn't get enough water.

2 Supply the missing parts in the following dialogue:

Noha : ....?

Dina : No, I don't eat enough fruit or vegetables.

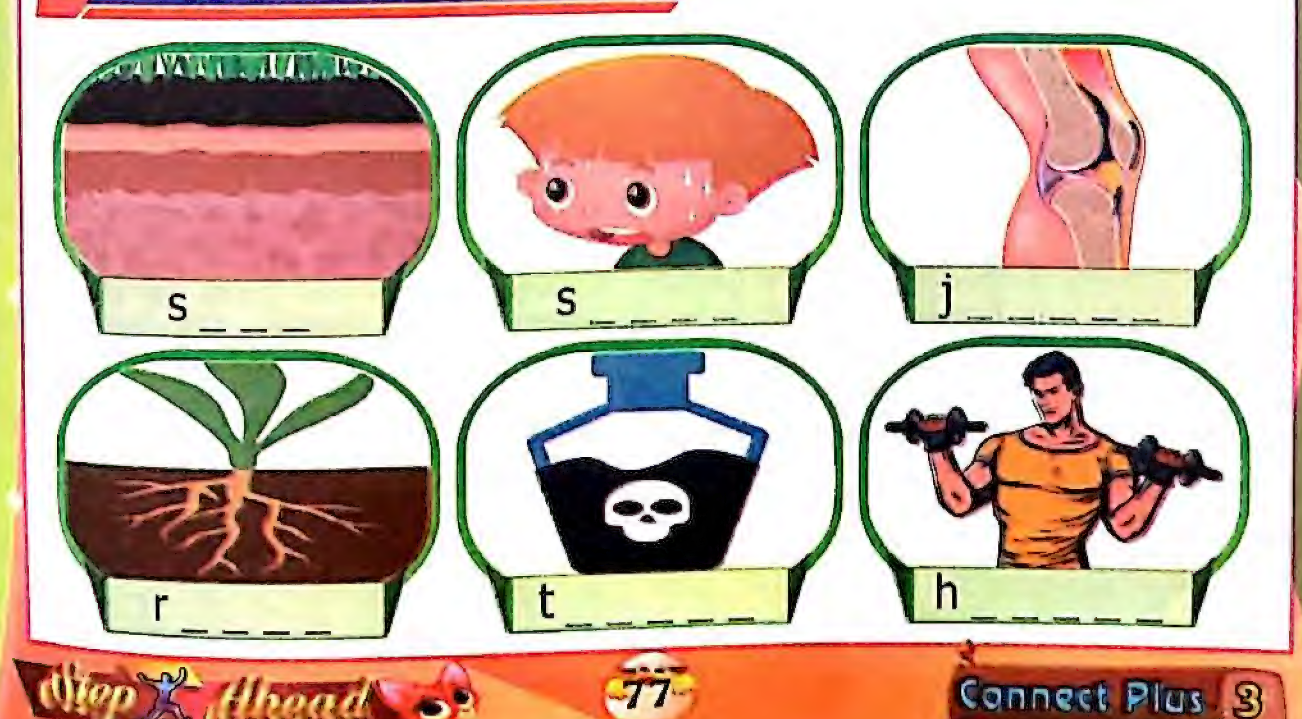
Noha : ....

Dina : Yes, I know I should.

Noha : You should also drink enough water, milk and fruit juices.

Dina : ....

3 Supply the missing letters:





C Choose the correct word(s): Structures

1. You (should – shouldn't) eat healthy food.
2. You (should – shouldn't) eat cookies every day.
3. Should he (go – goes – going) to bed early?
4. She shouldn't (eat – eats – eating) or drink a lot of sugar.
5. You should (eat – drink) enough water.
6. (Is – Should – Has) he sleep eight hours?
7. You shouldn't (drinks – drinking – drink) too much soda.
8. Should I drink water? - Yes, (I should – you shouldn't – you should).
9. We (should – shouldn't) have a healthy diet.
10. Should I eat candies every day? - No, (I shouldn't – you shouldn't – you should).

D Read the following passage and answer the questions:

All living things need water. Animals and humans drink water. Plants get it from the soil in their roots.

We all know water is good for us, but do you know how important it is for our health? Our blood is about 82% water. Blood carries oxygen and nutrients around the body. We eat food, and it breaks down into nutrients in our stomach. Water helps with this, and it also helps carry the nutrients around the body in our blood vessels.

Our brains are made up of about 75% water. If you drink enough water, your brain works better. If you don't drink enough water, you get dehydrated. You feel tired and you don't have a lot of energy. You can get a headache or find it difficult to think. When you are hydrated, it means you are getting enough water. It's good for your joints, your bones and your body temperature. Water also helps your body to get rid of toxins from your body, and helps the other organs in your body to work well.

Children should drink about 1.5 litres of water every day. Most of this should be pure water, but we can also get water from other drinks such as milk, tea and fruit juices, and fruits and vegetables. We should drink more water in hot weather, because we lose water when we sweat.

A // Answer the following questions:

1. How much of our blood is made up of water?
2. What happens if you are dehydrated?

B // Choose the correct answer:

3. We lose water when we **(sleep – sweat – sweet)**.
4. Water helps your body to get rid of **(nutrients – protein – toxins)**.
5. You can (**smoke** – **preserve** – **skip**) food with salt.
6. In the past, people put food in (**zeer pots** – **cans** – **tins**) to keep it cold.

C Read and complete:

should – shouldn't

1. You .... eat fruit and vegetables every day.
2. You .... skip breakfast.
3. .... I eat carbohydrates? - Yes, you ....
4. You .... drink a lot of sodas.
5. .... I eat a lot of candy? - No, you ....
6. You .... drink enough water every day.

7 Write a paragraph of four sentences on:

"Why living things need water"

Words to help you:

humans – animals – plants



....

....

....

8 Rewrite the following sentences using the words in brackets:

1. Doing exercise is good for your body. (should)

   ....

2. Drinking soda isn't good for your body. (shouldn't)

   ....

3. You should never be dehydrated. (should always)

   ....

4. Yes, I should drink enough water. (Should)

   ....

5. Should you eat lots of cakes? (No, ...)

   ....

6. Making your body strong is very important. (should)

   ....

7. Sleeping for only five hours is unhealthy. (shouldn't)

   ....

8. Should I eat a healthy diet? (Yes, ...)

   ....

9. No, I shouldn't drink lots of sweet drinks. (Should)

   ....

10. You should have a healthy body. (unhealthy)

    ....

9 Copy the following sentence:

If the beginning is good, the end is perfect.

Lesson 3 Pages 84-85

A Vocabulary

food packaging	تعليب الطعام	sodium	صوديوم
calories	سعرات حرارية	salt	ملح
enough	كافٍ	bar	قالب
percent	نسبة مئوية (٪)	snack	وجبة خفيفة
too much	كثير أزيد من اللازم	dried fruit	فاكهة مجففة
gram	جرام	natural	طبيعي
size	حجم - مقاس	chocolate brownie	كيك الشيكولاته

unhealthy	غير صحي	taste sweet	طعمه حلو
right amount	الكمية الصحيحة	candies	حلوى
different choice	اختيار مُختلف	favorite	مفضل
decide	يقرر	the most fat	الدهون الأكثر
measure	يقيس	give us	تعطينا
something	شيء ما	How many	كم عدد
each day	كل يوم	So do I.	وكذلك أنا.



Prepositions

at one time	في المرة الواحدة	for example	على سبيل المثال
mixed with	ممزوج بـ	better for you	أفضل لك







food packaging	: wrapping or protecting food onto packets, tins or cans.
calories	: the amount of energy in food.
salt	: sodium mixed with other things that our bodies need.
bar	: a long, narrow piece of solid kind of food or any other material.
snack	: a small amount of food eaten between meals.
dried fruit	: taking out the water from fruit and keeping the nutrients.
natural	: existing in or caused by nature.
brownie	: a small square of rich chocolate cake.
percent	: a rate, number, or amount in each hundred.

We can look at food packaging to find out what is in our food that helps us decide if it is healthy or unhealthy. For example, if we see that there are lots of calories and not a lot of vitamins, we can decide to make a different choice.



serving how much you eat at one time

calories the amount of energy in food

sodium this is a mineral; we need enough of it, but we shouldn't have too much. The salt we get in food is sodium mixed with other things. We shouldn't eat food with too much salt in.

enough the right amount

too much more than we need

percent When we see something like 50%; it means that this food gives us 50%, or half, of the amount of that vitamin or mineral that our bodies need every day.

Serving size	30 grams
Energy	115 calories
Fat	0.4 grams
Carbohydrate	26 grams
Sugar	2.4 grams
Sodium	0.3 grams
Fiber	0.6 grams
Protein	2.1 grams
Vitamin C	50% (percent)
Vitamin D	50% (percent)



Exercises on Lesson 3

1 Supply the missing parts in the following dialogue:

Ahmed : Which snack is your favorite?
Ramy : ....
Ahmed : You shouldn't eat lots of candies.
Ramy : .... ?
Ahmed : Because it contains lots of sugar.
Ramy : .... ?
Ahmed : Yes, sugar is unhealthy.

2 Match "A" with "B":

'A'	'B'
❶ serving	a) more than we need.
❷ calories	b) a mineral we need.
❸ sodium	c) the right amount.
❹ enough	d) the amount of energy in food.
❺ too much	e) how much you should eat at one time.

3 Read and answer the questions:



Energy 128 calories
Fat 3 grams
Sugar 8 grams
Salt 0.2 grams
cake



Energy 143 calories
Fat 6 grams
Sugar 11 grams
Salt 0.1 grams
cereal bar



Energy 310 calories
Fat 21 grams
Sugar 23 grams
Salt 0.2 grams
chocolate brownie



Energy 68 calories
Fat 1.2 grams
Sugar 7 grams
Salt 0.1 grams
dried fruit bar

① Which snack has the most calories?
② Which snack has the most fat?
③ Which snack has the most sugar?
⑤ Which snack has the most salt?
⑤ Do you think any of these snacks have too much sugar?
⑥ Do you think these snacks have too much fat?

4 Read the following passage and answer the questions:

We can look at food packaging to find out what is in our food that helps us decide if it is healthy or unhealthy. For example, if we see that there are lots of calories and not a lot of vitamins, we can decide to make a different choice.
Serving is how much you eat at one time. Calories are the amount of energy in food.
Sodium is a mineral; we need enough of it, but we shouldn't have too much. The salt we get in food is sodium mixed with other things. We shouldn't eat food with too much salt in. When we see something like 50%; it means that this food gives us 50%, or half, of the amount of that vitamin or mineral that our bodies need every day.

A Answer the following questions:

1. Why should we look at food packaging?
2. What's sodium?

B Choose the correct answer:

3. We measure energy in **(grams – percent – calories)**.
4. 50 % means a **(quarter – half – third)**.

5 Copy the following sentence:

Don't go near the water until you learn how to swim.





Lesson 4 Pages 36-37

English	Arabic	English	Arabic
electricity	كهرباء	container	وعاء
fire	نار	zeer pot	إناء من الفخار
preserve	يحفظ	ceramic pot	إناء من الخزف
store (v)	يخزن	can	علبة صفيح
dry	يجفف	jar	برطمان
dried figs	تين مجفف	invent	يخترع

English	Arabic	English	Arabic
right food	طعام صحيح	fridge	ثلاجة
keep it fresh	نحافظ عليها طازجة	freezer	فريزر
safe	آمن	heat (v)	يسخن
properly	بشكل صحيح	smoked meat	لحم مدخن
go bad	يفسد	add	يضيف
sick	مريض	stay cool	يظل بارد
sand	رمل	use	يستخدم - يستعمل
air	هواء	close	يغلق
taste good	مذاقه جيد	a long time ago	منذ فترة طويلة
grapes	عنب	thousands of years ago	منذ آلاف السنين





Vocabulary Study

electricity	: a form of energy.
fire	: burning that gives out bright light, heat, and smoke.
preserve	: to keep (something) in its original or existing state.
store	: to keep for future use.
dry (v)	: to become dry.
dried figs	: taking out the water from figs and keeping the nutrients.
container	: an object that can be used to hold food.
ceramic pot	: pots and other articles made from clay
can (n)	: a metal container.
jar	: a container made of glass or pottery, especially one used for storing food.

It's important to eat the right food, but it's also important to look after food to keep it fresh and safe. We need to preserve and store food. If we don't store food properly, it can go bad, and this makes us sick. Now, we can use fridges and freezers to store food. These need electricity to work. How can we preserve food if we don't have electricity? And how did people preserve food in the past?

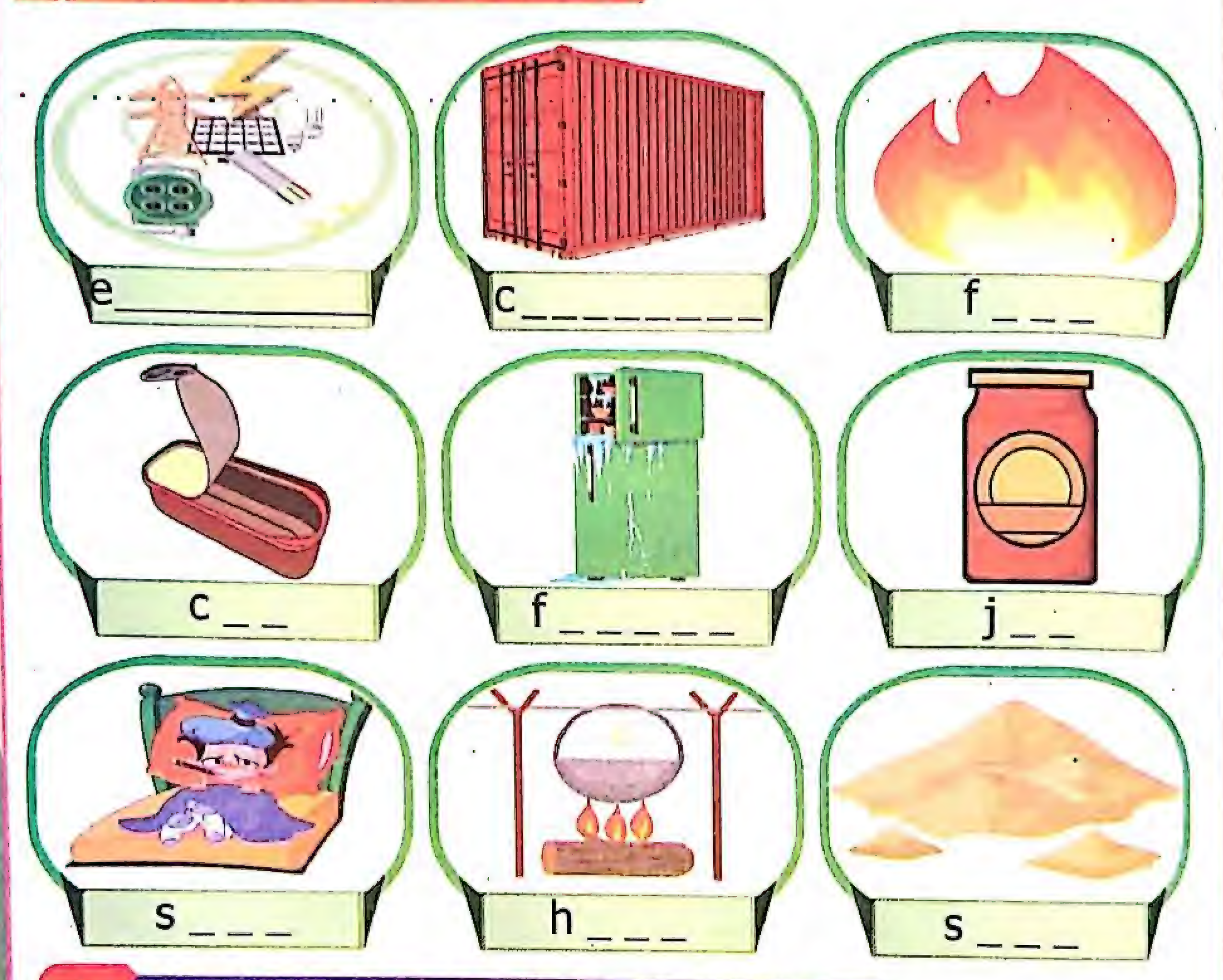
1. **Fire** — This heats food like smoked meat and fish a long time ago. And we still do it now.
2. **Salt** — We can add salt to food to preserve it. It takes out the water. People use this all over the world for meat and fish.
3. **Drying** — We can dry fruit in the sun. Dried apples, figs, grapes, banana and mango are all delicious. When we dry fruit, it takes out the water and keeps the nutrients. The fruit is sweet and delicious, and it's healthy because we don't add sugar.
4. **Containers** — There are different ways of storing food in containers.
5. **Zeer pots** — Thousands of years ago, people invented zeer pots to keep food fresh. The food is inside one ceramic pot. This pot is put inside a bigger ceramic pot. You put sand between the two pots, then put water in the sand. The water takes the heat away and the food stays cool.
6. **Cans and jars** — People also use cans and jars to preserve food. You put the food in a liquid with salt, and close the can. No air gets into the jar or can, and the food lasts for years.








1 Supply the missing letters:



2 Complete using the following words:

salt – containers – water – nutrients – electricity – preserve

1. When we dry food, we take out the .... and keep the ....
2. We add .... to food to .... it.
3. We can store food in ....
4. We need .... to store food in a fridge.

3 Read the following passage and answer the questions:

It's important to eat the right food, but it's also important to look after food to keep it fresh and safe. We need to preserve and store food. If we don't store food properly, it can go bad, and this makes us sick. Now, we can use fridges and freezers to store food. These need electricity to work. How can we preserve food if we don't have



electricity? And how did people preserve food in the past?

Fire heats food like smoked meat and fish a long time ago. And we still do it now.

We can add salt to food to preserve it. It takes out the water. People use this all over the world for meat and fish.

We can dry fruit in the sun. Dried apples, figs, grapes, bananas and mangoes are all delicious. When we dry fruit, it takes out the water and keeps the nutrients. The fruit is sweet and delicious, and it's healthy because we don't add sugar.

There are different ways of storing food in containers. Thousands of years ago, people invented zeer pots to keep food fresh. The food is inside one ceramic pot. This pot is put inside a bigger ceramic pot. You put sand between the two pots, then put water in the sand. The water takes the heat away and the food stays cool.

People also use cans and jars to preserve food. You put the food in a liquid with salt, and close the can. No air gets into the jar or can, and the food lasts for years.

A Answer the following questions:

1. Why should we look after food?
2. How can we preserve food in cans and jars?

B Choose the correct answer:

3. If we don't store food properly, it can go (**good** – **delicious** – **bad**).
4. Dried food is (**healthy** – **unhealthy** – **cold**) because we don't add sugar.

4 Copy the following sentence:

All things are difficult before they are easy.



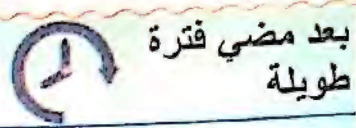
Lesson 5 Pages 38-39

A Vocabulary

Word	Meaning	Word	Meaning
sugar	سكر	confused	مرتبك
snack	وجبة خفيفة	worried	قلق
damage	يتلف	anxious	متوتر
teeth	أسنان	natural	طبيعي
dentist	طبيب أسنان	heart	قلب
affect	يؤثر في	arteries	شرايين
teaspoon	ملعقة صغيرة	brain	مخ

Word	Meaning	Word	Meaning
kind	نوع	carefully	بعناية
more	أكثر	sweet	حلو المذاق
less	أقل	list	قائمة
mood	حالة مزاجية	count	يعد
lowest	الأدنى	stop	يتوقف
highest	الأعلى	as well as	علاوة على
last	يستمر	plain yogurt	زبادي سادة

Prepositions

bad for us		سيء لنا	over a long time		بعد مضي فترة طويلة
write ... down		يدون	over three days		خلال ثلاثة أيام
at night		ليلاً	look at		ينظر إلى

Vocabulary Study

damage (v)	: to do harm to someone or something.
dentist	: a person that looks after our teeth.
affect	: have an effect on.
teaspoon	: a small spoon.
confused	: unable to think clearly.
worried	: troubled about actual or potential problems.
anxious	: worried.

What is your favorite snack? There are lots of things we can choose from. Sometimes it's easy to take a cookie or a candy, but they have a lot of sugar in them. Why is sugar bad for us?

Sugar is bad for our teeth. Eating too much sugar damages our teeth. Do you like going to the dentist?

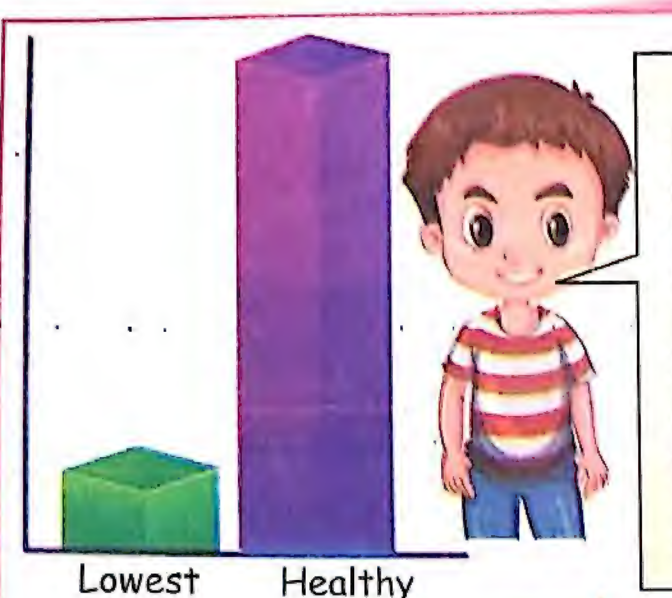
Sugar is bad for our heart too. It stops our arteries working as well as they should. Over a long time, this can damage our heart.



Sugar gives us energy, but it isn't a good kind. When we get energy from carbohydrates, that energy lasts a long time. When we get energy from sugar, we lose it quickly. Then our body wants more sugar.

Sugar can affect our brains. If we have too much sugar, our brains get a lot of energy quickly. This can make our brain confused. We can feel worried and anxious. Sugar can be bad for our mood.





I decided to eat less sugar. I looked carefully at the snacks I was choosing. Now I have plain yogurt, and I don't drink chocolate milk. I drink more water and I eat fruit. I still enjoy sweet snacks, like chocolate cookies, but I don't eat them every day. I have more energy, and I sleep better at night. I'm happy!

Exercises on Lesson 5

1 Read the following passage and answer the questions:

What is your favorite snack? There are lots of things we can choose from. Sometimes it's easy to take a cookie or a candy, but they have a lot of sugar in them.

Why is sugar bad for us?

Sugar is bad for our teeth. Eating too much sugar damages our teeth. Do you like going to the dentist?

Sugar is bad for our heart too. It stops our arteries working as well as they should. Over a long time, this can damage our heart.

Sugar gives us energy, but it isn't a good kind. When we get energy from carbohydrates, that energy lasts a long time. When we get energy from sugar, we lose it quickly. Then our body wants more sugar.

Sugar can affect our brains. If we have too much sugar, our brains get a lot of energy quickly. This can make our brain confused. We can feel worried and anxious. Sugar can be bad for our mood.

A Answer the following questions:

1. Why is sugar bad for our hearts?
2. How can sugar affect our brains?

B Choose the correct answer:

3. We chew food in our (**stomach – lungs – mouth**).

4. Our bodies can (**absorb – break down – get rid of**) the nutrients it needs from the food.

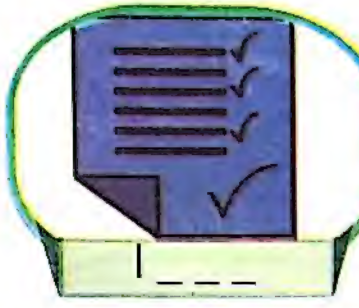
2 Supply the missing letters:













3 Write a paragraph of four sentences on:

"A list of snacks I eat over two or three days"

Words to help you:

find out how much sugar is in them. Write it down and count the grams.



....

....

....

4 Copy the following sentence:

Money is the root of all evils.

Unit Test 3 (3)



1 Supply the missing parts in the following dialogue: (2Ms)

Zeiad Should I eat sweets and candies for breakfast, mom?

Mom : ....

Zeiad : .... ?

Mom : You should eat eggs and drink milk.

2 Supply the missing letters: (6Ms)

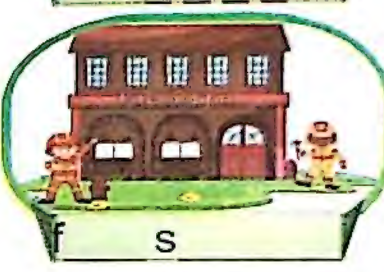

p . . . . . .


w . . . . . .


s . . . . . .


v . . . . . .


d . . . . . .


f . . . . s

3 Choose the correct word in brackets: (8Ms)

① You (should – shouldn't – can't) have a healthy diet.

② Candies and cookies contain lots of (fiber – salt – sugar).

③ She shouldn't (drink – drinks – drinking) lots of sweet drinks.

④ (Sodium – Calories – Calcium) is the amount of energy in food.

⑤ If you don't drink enough water, you get (sweat – hydrated – dehydrated).

⑥ We should (preserve – taste – contain) food to keep it fresh and safe.

⑦ Cereal, bread and pasta contain (protein – vitamins – carbohydrates).

⑧ Should I sleep for only four hours? - No, (you should – you shouldn't – I shouldn't).

4 Rewrite the following sentences doing as shown: (4Ms)

❶ Drinking pure water is important. **(should)**

↳ ....

❷ No, you shouldn't eat unhealthy food. **(should)**

↳ ....

3. Having sweet snacks is bad for you. **(shouldn't)**
↳ ....

4. Should I eat lots of carbohydrates? **(No, ...)**
↳ ....

5 Read the following passage and answer the questions below: (4Ms)

My sister Dalia eats a cheese sandwich and an egg for breakfast. But, my brother Mohamed likes jam. Dalia eats chicken and rice for lunch. But, Mohamed doesn't like chicken. He eats a piece of meat and some chips. They usually have some biscuits and a cup of milk for dinner at nine o'clock in the evening.

A // Answer the following questions:

1. What does Dalia have for lunch? ....
2. When do they have dinner? ....

B // Choose the correct answer:

3. Mohamed doesn't like **(meat – fish – chicken).**
4. Mohamed and Dalia like **(chicken – meat – biscuits).**

6 Write a paragraph of four sentences on: (4Ms)

"The foods and drinks I should and shouldn't have"

// Ideas to help you:

fruit – soda – water – candies

....
....
....
....

7 Copy the following sentence: (2Ms)

A tree is known by its fruit.


Unit
(4)
In the wild





sloth	حيوان الكسلان	macaw	ببغاء
cheetah	الفهد	cobra	ثعبان الكوبرا
fennec fox	ثعلب الفينيك	spider monkey	قرد العنكبوت
chimpanzee	شمبانزي	wildlife park	منتزه الحيوانات البرية
sea lion	أسد البحر	webcam	كاميرا ويب

Let's look	هيا ننظر	tail	ذيل
might see	محتمل نرى	big ears	أذنان كبيرتان
great idea	فكرة رائعة	small	صغير
yesterday	بالأمس	animal	حيوان
again	مرة أخرى	very slowly	ببطء جدًا

Conjugation of Verbs

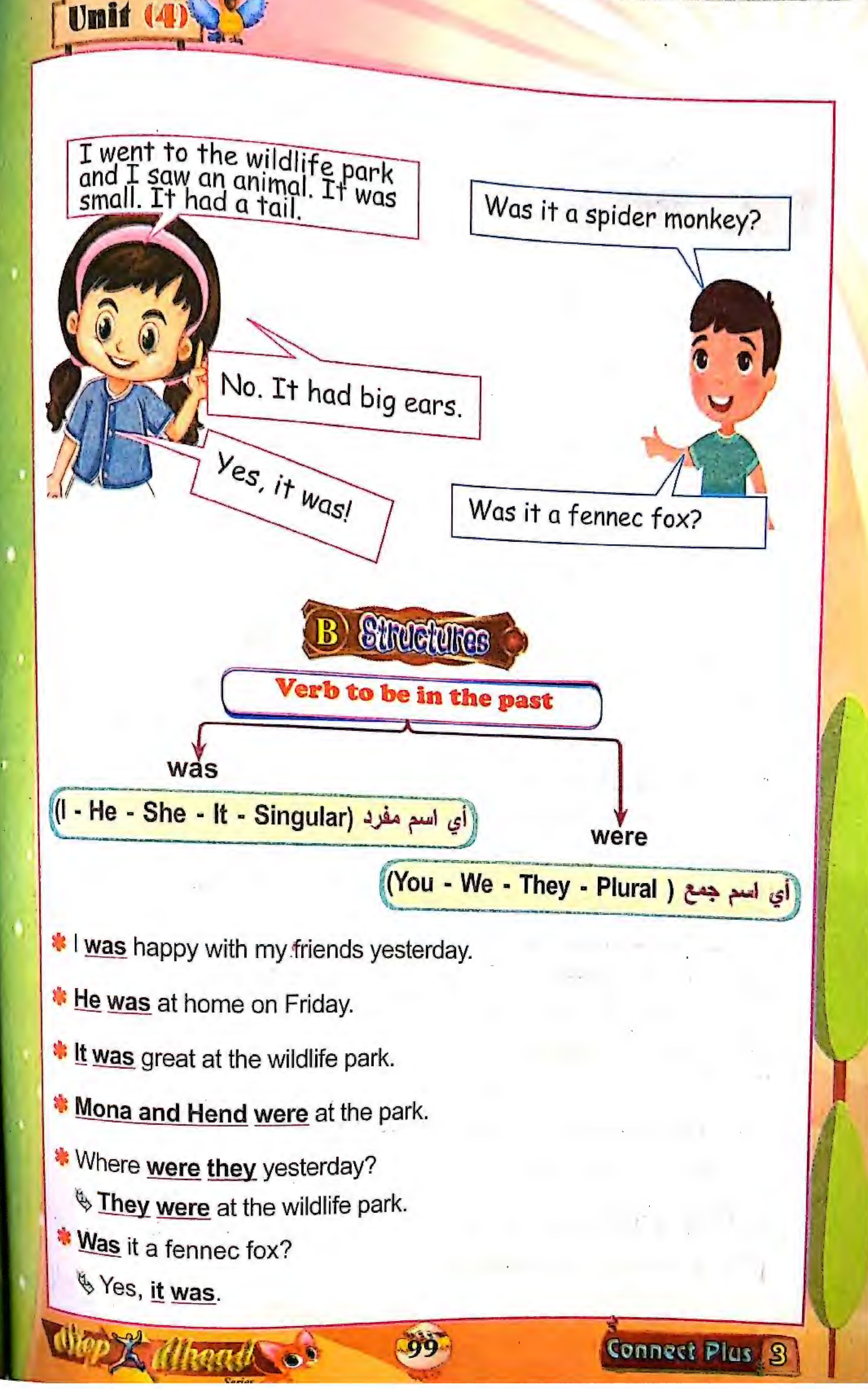
Present		past
move	يتحـرك	moved
love	يحـب	loved
have	يمتلـك	had

Present		past
go	يذهـب	went
think	يعتقـد	thought
see	يـرى	saw

Vocabulary Study

sloth	: a slow-moving tropical American animal that hangs upside down from the branches of trees.
cheetah	: a large spotted cat found in Africa and parts of Asia. It is the fastest animal on land.
fennec fox	: a small pale fox with large pointed ears.
chimpanzee	: a great ape with large ears, mainly black coloration, and lighter skin on the face.
sea lion	: an eared seal found mainly on Pacific coasts.
macaw	: a large long-tailed parrot that is brightly colored.
cobra	: highly venomous snake native to Africa and Asia.
spider monkey	: a South American monkey with very long limbs and a long tail.
wildlife park	: a park where you can see wild animals in their natural habitat.
webcam	: a video camera that inputs to a computer connected to the internet, so that its images can be viewed by Internet users.





B Structures

Verb to be in the past

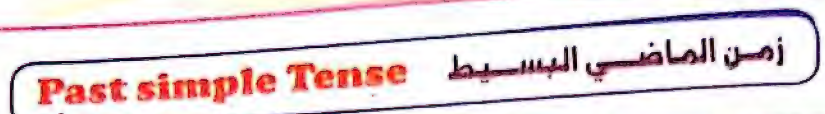
was

(I - He - She - It - Singular) أي اسم مفرد

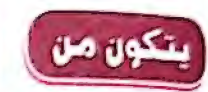
were

(You - We - They - Plural) أي اسم جمع

* I **was** happy with my friends yesterday.
* **He was** at home on Friday.
* **It was** great at the wildlife park.
* **Mona and Hend were** at the park.
* Where **were they** yesterday?
  - **They were** at the wildlife park.
* **Was** it a fennec fox?
  - Yes, **it was**.



Affirmative الإثبات		Negative النفى		Interrogative الإستفهام		
I	played	I	did not play / didn't play	Did	I	play
He		He			he	play
She		She			she	play
It		It			it	play
You		You			you	play
We		We			we	play
They		They			they	play



التصريف الثاني للفعل

- The fennec fox **had** big ears.
- I **loved** seeing the chimpanzees **yesterday**.

★ We use it to express actions that happened in the past.

★يستخدم للتعبير عن أحداث وقعت في الماضي.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

★ In the negative form, we use (didn't) before the bare verb.

★ننفي الماضي البسيط باستخدام **(didn't)** ثم الفعل في المصدر .

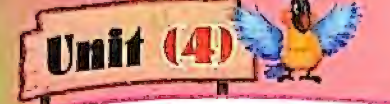
- Ola didn't see the cobra yesterday.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

★ In the interrogative form, we use (Did) at the beginning of the question or after the question word with the bare verb.

★عند عمل سؤال على الماضي البسيط ، نبدأ السؤال بـ **(Did)** ثم الفعل فى المصدر.

- **Did** you **go** to the wildlife park?
  - Yes, I went to the wildlife park. **or** Yes, I did.
- **What did she see yesterday?**
  - She saw lots of animals.



Exercises on Lesson 1

1 Supply the missing parts in the following dialogue:

Hani : I saw an animal. It was small. It had a tail.
Maged : Was it a spider monkey?
Hani : ....
Maged : .... ?
Hani : Yes, it was a fennec fox.

2 Write the correct word under each picture:

cheetah – fennec fox – wildlife park – chimpanzee – sloth – sea lion – macaw – spider monkey – cobra

1. 
....

2. 
....

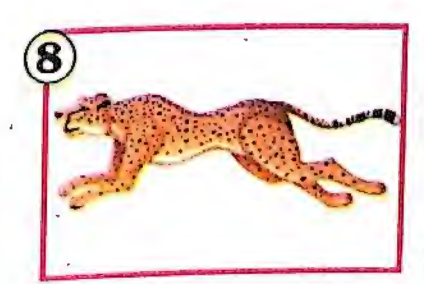
3. 
....

4. 
....

5. 
....

6. 
....

7. 
....

8. 
....



3 Choose the correct word(s): Structures

1. I (go – goes – went) to the wildlife park yesterday.
2. (Was – Were – Are) it a spider monkey?
3. The animal that I saw yesterday (has – had – have) big ears.
4. Let's (looked – looks – look) on the wildlife park webcam.
5. The sloth (moves – move – moved) slowly yesterday.
6. (Is – Was – Were) your school day great yesterday?
7. I (see – seeing – saw) a macaw in the tree yesterday.
8. Was it a sea lion? - No, it (was – isn't – wasn't).

4 Copy the following sentence:

A bird in the hand is worth two in the bush.





Lesson 2 Pages 54-55

A Vocabulary

animal behavior	سلوك الحيوانات	the wild	البرية
behave	يسلك - يتصرف	natural habitat	موطن طبيعي
build nests	يبني أعشاش	river	نهر
dig burrows	يحفر جحور	hunt	يصطاد حيوانات
shelter	مأوى	hide	يختبئ
hole	حفرة	chase	يطارد
grass	حشائش - عشب	gather	يجمع - يجتمع
stick	عصا	large group	مجموعة ضخمة
leaves	أوراق الشجر	colony	مجموعة حيوانات

squirrel	سنجاب	owl	بومة
crayfish	جراد البحر	penguin	بطريق
turtle	سلحفاة	elephant	فيل
mole	حيوان الخلد	lion	أسد
rabbit	أرنب	fox	ثعلب
goose	وزة	blue whale	الحوت الأزرق

safe	آمن		earth	الأرض	
safely	بأمان		ground	أرض	
correct	صحيح		sand	رمل	
incorrect	غير صحيح		place	مكان	
the biggest	الأكبر		Africa	قارة أفريقيا	
Animal Show	عرض الحيوانات		world	العالم	
How many	كم عدد		together	معًا - سويًا	
How long	ما المدة		meat	لحمة	
What might happen next?	ماذا محتمل أن يحدث بعد ذلك؟		sometimes	أحيانًا	

protect	يحمي		stay	يمكث - يظل
stay warm	يظل دافئًا		guess	يخمن
called	تسمى		climb	يتسلق
swim	يسبح - يعوم		do	يفعل
find	يجد		get	يحصل على
take	يأخذ		make	يصنع
learn	نتعلم		use	يستخدم - يستعمل



Prepositions

able to	قادرة على	in the day time	في وقت النهار
close to	بالقرب من	at night	ليلاً
come out	يخرج	Welcome to	مرحبًا بكم في
under rocks	تحت الصخر	live in	يعيش في



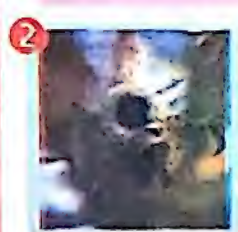
Vocabulary Study

behavior	: the way in which one acts.
nest	: a structure or place made or chosen by a bird for laying eggs and sheltering its young.
burrows	: a hole or tunnel dug by a small animal as a shelter.
shelter	: a place giving protection from bad weather or danger.
hole	: a hollow place in a solid body or surface.
habitat	: the natural home or environment of an animal.
colony	: a group of animals of one kind living close together.
gather	: to come or bring together.
the wild	: the natural state where wild animals live.
hunt	: to catch or kill an animal.
hide	: to put or keep out of sight.
chase	: to run after in order to catch.
squirrel	: an animal that looks like a rabbit, feeding on nuts and seeds.
crayfish	: a living creature that resembles a small lobster and inhabits streams and rivers.
turtle	: a large marine reptile with a shell and flippers.
mole	: a small burrowing animal with dark fur, and very small eyes.
owl	: a bird of prey with large forward-facing eyes surrounded by facial disks, a hooked beak, and typically a loud call.
penguin	: a large seabird, with black upper parts and white under parts and wings developed into flippers for swimming under water.
blue whale	: a very large marine animal, the biggest animal in the world.
goose	: a large water bird with a long neck, short legs, webbed feet.



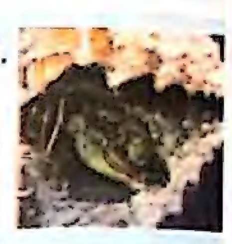
1. When we visit a wildlife park, we can learn how animals behave by watching what they do in wildlife parks, animals live in places which are close to their natural habitat. But how do animals behave in the wild?

   Animals live in habitats where they can get food and water, and live safely. Animals take shelter so they can stay warm, be safe from other animals, and protect their families.

2. 
Lots of birds build nests in trees. They use grass, sticks and leaves.

3. 
Other birds such as owls live in holes in trees. They don't make holes. They find them.

4. Rabbits and foxes dig burrows in the ground. They can take shelter here. They dig in earth or sand.


5. Crayfish live in rivers. They hide under rocks in the day time and come out to find food at night.


6. 
Lions and cheetahs hunt other animals to eat. Sometimes it's difficult to get food.

- Welcome to the Animal Show! Look! What do you know about this animal? What do elephants eat?
- Hmm. They're very big, but I don't think they eat meat. I think they might eat grass.
- Correct! Ok, next. Is the elephant the biggest animal in the world?
- Er, no. I don't think it is. I think blue whales might be the biggest animals in the world.



- Correct again. Last question. Elephants can swim, true or false?
- Well, they don't live near the sea, so I think they might not be able to swim.
- That's incorrect - elephants can swim in rivers very well!

B Structures

might ربما ★ تعبر عن احتمال حدوث فعل.

might not ربما لا ★ تعبر عن احتمال عدم حدوث فعل.

- I **might** go to the park on Friday.
- He **might not** come to school. He's sick. .

★ لاحظ أن (might – might not) لابد أن يتبعا بالمصدر.

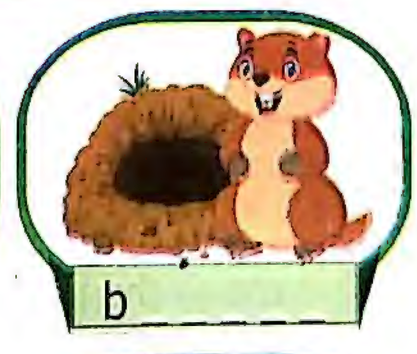
Exercises on Lesson 2

1 Supply the missing parts in the following dialogue:

Tarek : ....?
Nader : I might go to the club tomorrow.
Tarek : What might happen next?
Nader : ....
Tarek : What might not you do tomorrow?
Nader : ....

2 Supply the missing letters:


n _ _ _


b _ _ _ _ _ _


r _ _ _ _ _


h _ _ _


h _ _ _ _


c _ _ _ _ _ _ _



3 Choose the correct word(s): Structures

1. We (might – might not) play football. It's very hot today.
2. I (might – might not) eat a sandwich. I'm hungry.
3. It might (live – lives – lived) in Africa.
4. She (might – might not) come to the party. She wants to see her friends.
5. He (might – might not) watch TV tonight. He has lots of homework to do.
6. It might not (climbed – climbs – climb) trees.

7. Dalia (might – might not) drink a hot drink. She feels cold.
8. The animal might (building – builds – build) a nest.
9. Fady (might – might not) be able to swim. He doesn't like swimming.
10. It might not (digs – dig – digging) burrows.

4 Read the following passage and answer the questions:

When we visit a wildlife park, we can learn how animals behave by watching what they do in wildlife parks, animals live in places which are close to their natural habitat. But how do animals behave in the wild?

Animals live in habitats where they can get food and water, and live safely. Animals take shelter so they can stay warm, be safe from other animals, and protect their families.

Lots of birds build nests in trees. They use grass, sticks and leaves.

Other birds such as owls live in holes in trees. They don't make holes. They find them.

Rabbits and foxes dig burrows in the ground. They can take shelter here. They big in earth or sand.

Crayfish live in rivers. They hide under rocks in the day time and come out to find food at night.

Lions and cheetahs hunt other animals to eat. Sometimes it's difficult to get food.

A Answer the following questions:

1. How can we learn how animals behave?
2. Why do animals take shelter?

B Complete the following sentences:

1. Some birds build .... in trees.
2. Owls live in .... in trees.



3. Rabbits and foxes dig .... to live in. they take .... in their burrows.
4. Crayfish .... under rocks in rivers.
5. Lions and cheetahs .... and .... other animals.
6. Penguins .... in a colony to keep warm.

C Read and match:

1. A penguin	a) takes shelter under rocks in rivers.
2. An owl	b) hunt other animals to eat.
3. A crayfish	c) lives in a large group called a colony.
4. Lions and cheetahs	d) lives in a hole in a tree.

D Copy the following sentence:

Satisfaction is endless treasure.



Lesson 3 Pages 56-57

A Vocabulary

desert	صحراء	North Pole	القطب الشمالي
rainforest	غابة	South Pole	القطب الجنوبي
grassland	أرض عشبية	polar	قطبي (شمال أو جنوبي)
wetland	أرض رطبة (بها ماء)	tropical parts	أماكن استوائية
landscape	مظاهر السطح	equator	خط الاستواء
swamp	مستنقع	Arctic	قطبي شمالي

particular kind	نوع معين	snow	جليد
climate	مناخ	ice	ثلج
non-living things	كائنات غير حية	cold	بارد
plants	نباتات	hot	حار
tree roots	جذور الشجر	wet	مبتل
conditions	أحوال - ظروف	near	قريب
colored feathers	ريش ملون	look white	يبدو أبيض
grow	تثمر - تنمو	light fur	فرو خفيف
all the time	طوال الوقت	dark	مظلم

imaginary line	خط خيالي	the most sunshine	سطوع الشمس الأكثر
the furthest north	أقصى الشمال	all month of the year	كل شهور السنة
parts of the world	أجزاء من العالم	point	نقطة

Prepositions

all over the world – around the world في كل أنحاء العالم	on the ground على الأرض
the middle of the Earth منتصف الكرة الأرضية	on land على الأرض
on the map على الخريطة	in the water في الماء

Vocabulary Study

desert	: a dry, barren area of land, especially one covered with sand.
rainforest	: a dense forest rich in plants, birds and animals, found typically in tropical areas with consistently heavy rainfall.
grassland	: a large open area of country covered with grass.
wetland	: land consisting of swamps.
landscape	: all the visible features of an area of countryside or land.
swamp	: an area of low-lying ground where water collects.
North Pole	: the point at the furthest north of the world.
South Pole	: the point at the furthest south of the world.
polar	: relating to the North or South Pole.
tropical parts	: the areas around the equator.
equator	: an imaginary line all around the middle of the Earth.
Arctic	:relating to the regions around the North Pole.
sunshine	: direct sunlight over a large area.
climate	: the weather conditions in an area in general or over a long period.
world	: the earth, together with all of its countries, peoples, and natural features.
mole	: a small burrowing animal with dark fur, and very small eyes.
non-living things	: things that have no life.

A habitat is a place with a particular kind of climate and landscape. There are different habitats all over the world. They have different animals, plants and non-living things.



Compare these three habitats:

In a polar habitat, there is snow and ice, and everything looks white. There aren't any trees, and the plants are small. Animals can take shelter in burrows.

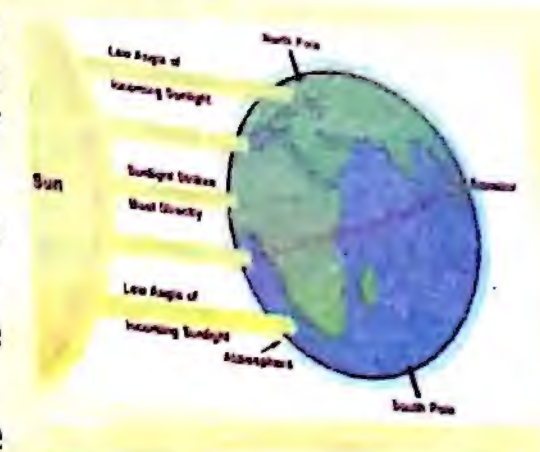


There are rainforests in warm, tropical parts of the world. Lots of animals here live in the trees and eat leaves and fruit. It is hot and wet, and the trees grow lots of fruit.



A wetland can be wet all the time. Wetlands can be near the sea or near a river. A swamp is a wetland where there are lots of trees. The tree roots can be in the water and animals hide in them.

There are different habitats around the world because of the different climate and conditions. Some parts of the world are cold, and some are hot.



- Equator – this is an imaginary line all around the middle of the Earth.
- North Pole – this is the point at the furthest north of the world.
- South Pole – this is the point at the furthest south of the world.

The equator gets the most sunshine. It is hot here for all 12 months of the year. The North and South Pole don't get a lot of sunshine. It is very cold in these parts of the world.



We can see the different habitats on a map of the world.



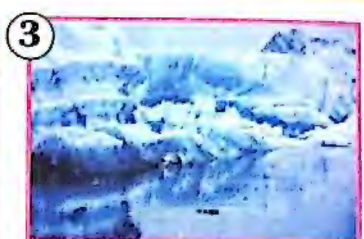
Exercises on Lesson 3

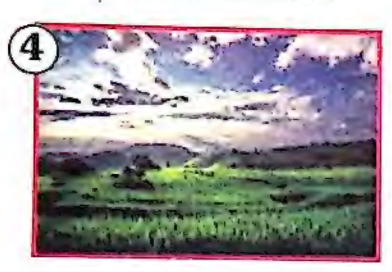
1 Write the correct word under each picture:

polar – wetland – grassland – equator – desert – rainforest

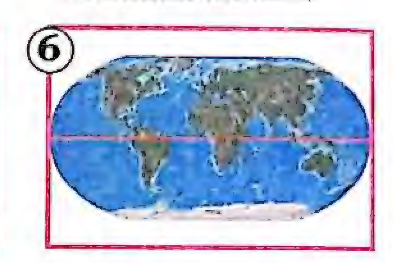
① 
....

② 
....

③ 
....

④ 
....

⑤ 
....

⑥ 
....

2 Read the following passage and answer the questions:

A habitat is a place with a particular kind of climate and landscape. There are different habitats all over the world. They have different animals, plants and non-living things.

In a polar habitat, there is snow and ice, and everything looks white. There aren't any trees, and the plants are small. Animals can take shelter in burrows.

There are rainforests in warm, tropical parts of the world. Lots of animals here live in the trees and eat leaves and fruit. It is hot and wet, and the trees grow lots of fruit.

A wetland can be wet all the time. Wetlands can be near the sea or near a river. A swamp is a wetland where there are lots of trees. The tree roots can be in the water and animals hide in them.

A "Complete the following sentences: Write(polar-wetland-rainforest)

1. An Arctic fox is white. It digs burrows in the ground. ....
2. A spider monkey eats fruit and lives in trees. ....

3. Crayfish often live in dark, warm water and take shelter in tree roots. ....
4. Macaws have beautiful colored feathers. They eat fruit and leaves. ....
5. Wolves have light colored fur. They eat rabbits and other animals that live on the ground. ....
6. Turtles eat plants and animals in the water and on land. ....

3 Read the following passage and answer the questions:

There are different habitats around the world because of the different climate and conditions. Some parts of the world are cold, and some are hot.

Equator is an imaginary line all around the middle of the Earth.

North Pole is the point at the furthest north of the world.

South Pole is the point at the furthest south of the world.

The equator gets the most sunshine. It is hot here for all 12 months of the year. The North and South Pole don't get a lot of sunshine. It is very cold in these parts of the world.

We can see the different habitats on a map of the world.

A Answer the following questions:

1. Why is the equator the hottest part of the world?
2. Why are the North and South Poles colder?
3. What habitats can you find near the equator?
4. What habitats do you know in Egypt?

4 Copy the following sentence:

You never know what you can do until you try.

___

___

Lesson 4 Pages 58-59

A Vocabulary



English	Arabic	English	Arabic
emergent layer	الطبقة العليا (قمم الأشجار)	rainforest	غابة
top layer	الطبقة العليا	humid	رطب
canopy layer	طبقة المظلة (ورق الأشجار)	support	يدعم - يساند
understory layer	طبقة سفلية	ecosystem	نظام بيئي
forest floor	أرضية الغابة	inside	داخل

English	Arabic	English	Arabic
insects	حشرات	rain (v)	تمطر
birds	طيور	including	مشتملاً على
spider	عنكبوت	fall down	تسقط
butterflies	فراشات	through	خلال - من خلال
lizard	سحلية	get through	تتخلل - تخترق
frog	ضفدع	above	أعلى - فوق
snake	ثعبان	hear	يسمع
crawl	يزحف	see	يرى
hunt for food	يصطاد من أجل الطعام	touch	يلمس
amazing	مدهش	smell	يشم



Phonics: the "nd", "-nt" and "-mp" sounds:

swamp	مستنقع	hunt	يصطاد
camp	معسكر - يعسكر	grassland	أرض عشبية
tent	خيمة	wetland	أرض رطبة

~~~~~~~~~~~~~~~~~~~~



emergent layer	: the name given to the tops of trees that poke up above the rainforest. It is very sunny here and only the strongest and tallest plants reach this level.
canopy layer	: refers to the upper layer or habitat zone, formed by mature tree crowns.
understory layer	: the underlying layer of vegetation in a forest or wooded area, especially the trees and shrubs growing between the forest canopy and the forest floor.
forest floor	: It mainly consists of leaves, branches, bark, and stems, existing above the soil surface.
humid	: marked by a high level of water vapor in the atmosphere.
support (v)	: to give help to.
ecosystem	: It is a community or group of living organisms that live in and interact with each other in a specific environment.
lizard	: a reptile that typically has a long body and tail, four legs, movable eyelids, and a rough, scaly, or spiny skin.
crawl	: move forward on the hands and knees or by dragging the body close to the ground.
hunt	: to catch or kill (a wild animal) for sport or food.
~~~~~~~~~~~~~~~~~~~~

Inside the rainforest

A rainforest is an amazing habitat. There are many different plants, trees, animals, insects and birds. It rains a lot, and it is very hot. This makes it humid.

All parts of the rainforest **support** each other. This is called an **'ecosystem'**.

There are four layers in a rainforest:

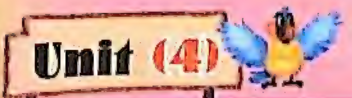


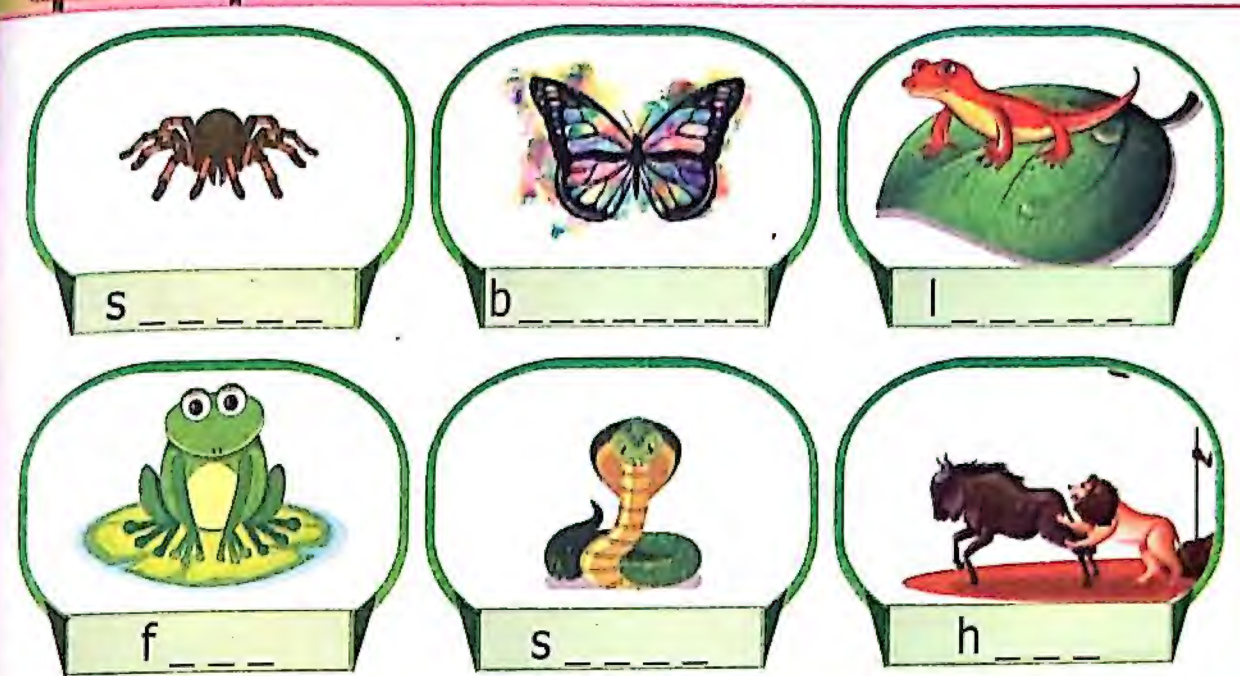
1. The top layer is called the 'emergent layer'. This is the top of the trees. Not many animals live here – there are birds (such as macaws), spiders, butterflies and some small monkeys.
2. The canopy layer is under the top layer. There is shelter and lots of food such as fruit and nuts here. Lots of animals live in the canopy layer, including sloths, monkeys and birds.
3. The understory layer is under the canopy. There isn't a lot of sun here, so it's dark and humid. Rain falls down through the layers above, but there isn't a lot of sun. There are lots of insects, lizards and frogs. Other larger animals hunt for food in the understory layer.
4. On the forest floor, it is very dark. Very little sunlight can get through the trees. Snakes crawl on the rainforest floor. Because it's dark, plants here need to have big leaves so they can get sunlight.

Exercises on Lesson 4

1 Supply the missing letters:







2 Read the following passage and answer the questions:

A rainforest is an amazing habitat. There are many different plants, trees, animals, insects and birds. It rains a lot, and it is very hot. This makes it humid.

All parts of the rainforest support each other. This is called an 'ecosystem'.

There are four layers in a rainforest:

The top layer is called the 'emergent layer'. This is the top of the trees. Not many animals live here – there are birds (such as macaws), spiders, butterflies and some small monkeys.

The canopy layer is under the top layer. There is shelter and lots of food such as fruit and nuts here. Lots of animals live in the canopy layer, including sloths, monkeys and birds.

The understory layer is under the canopy. There isn't a lot of sun here, so it's dark and humid. Rain falls down through the layers above, but there isn't a lot of sun. There are lots of insects, lizards and frogs. Other larger animals hunt for food in the understory layer.

On the forest floor, it is very dark. Very little sunlight can get through the trees. Snakes crawl on the rainforest floor. Because it's dark, plants here need to have big leaves.

A Read and mark (✓) or (×):

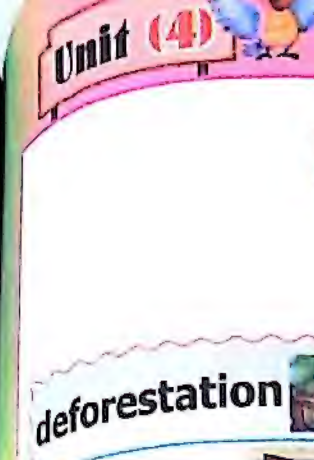
1. Sloths live in the emergent layer. ....
2. There aren't a lot of animals in the emergent layer. ....
3. There are lots of things to eat in the canopy layer. ....
4. Not many animals live in the canopy layer. ....
5. It is dark in the understory layer. ....
6. Plants on the forest floor have small leaves. ....

B Read again and complete:

1. Birds and butterflies and small monkeys live in the .... layer.
2. There is shelter and lots of .... in the canopy layer.
3. Monkeys, ... and birds live in the canopy layer.
4. The understory layer is .... and darker than the canopy layer.
5. Lizards, ... and insects live in the understory layer.
6. The plants on the .... have big leaves.
7. Very little .... gets through trees on the forest floor.

B Copy the following sentence:

Think before you talk.



Lesson 5 Pages 60-61

A Vocabulary

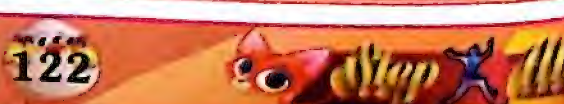
deforestation	إزالة الغابات		drought	جفاف
habitat	موطن		flood	فيضان
ash	رماد بركاني		fire	حريق
changes	تغيرات		volcanoes	براكين
pollute	يلوث		natural disasters	كوارث طبيعية
pollution	تلوث		human activity	نشاط إنساني
destroy	يدمر		building	بناء - مبنى
damage	يتلف		environment	بيئة

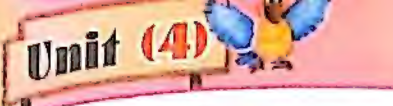
chemicals	مواد كيميائية		erupt	يثور (للبركان)
garbage	قمامة		lose	يفقد - يخسر
machine	آلة		cover	يغطي
office	مكتب		grow	تنمو
factory	مصنع		dry (adj)	جاف
smoke (n)	دخان		heavy rain	مطر غزير
dirty	قذر - متسخ		storm	عاصفة
as well as	علاوة على		leave	يترك - يغادر

nutrients	مواد مغذية	healthier	أكثر صحة
minerals	معادن	crowded	مزدحم
soil	تربة	city	مدينة
dead trees	أشجار ميتة	jobs	وظائف
can be burned	يمكن أن تحرق	wildlife	حياة البرية
lake	بحيرة	somewhere else	مكان آخر
edge	حافة	new farm	مزرعة جديدة
relax	يسترخي	keep animals	يربي حيوانات
bring	يُحضر	more land	أرض أكثر

Prepositions

reasons for	أسباب لِـ	good for	جيد لِـ
cut down	تقطع - تبتر	bad for	سيء لِـ
for farming	للزراعة	fall to the ground	تسقط على الأرض
in the air	في الهواء	overflow of water	فيضان الماء
in the short term	على المدى القصير	in the future	في المستقبل
in balance	في توازن	put .... into	يضع في
agree with	يتفق مع	both of them	كلاً من







deforestation	: the action of clearing a wide area of trees.
ash	: the powdery remains left after the burning of a substance.
pollution	: things that have harmful or poisonous effects to the environment.
drought	: a period of low rainfall, leading to a shortage of water.
flood	: an overflowing of a large amount of water, especially over what is normally dry land.
fire	: burning, that gives out bright light, heat, and smoke.
volcano	: a mountain or hill, having a crater through which lava, rock fragments, hot vapor, and gas are being or have been erupted.
disasters	: a sudden event, such as a natural catastrophe, that causes great damage or loss of life.
human activity	: something that people do or cause to happen.
environment	: the surroundings or conditions in which a person, animal, or plant lives.
destroy	: put an end to the existence of (something) by damaging it.
damage	: to break something, spoil it physically, or stop it from working properly.
erupt	: (of a volcano) becomes active and gives out lava, ash, and gases.
garbage	: rubbish.
crowded	: full of people or other things, leaving little or no room for movement.

Animals and plants live together in balance in different habitats. But what happens when things change? There are lots of reasons for changes.

Human activity:

Deforestation

People cut down forests and rainforests to use the trees, or to make land for farming. This destroys the habitats of hundreds of animals, birds and plants.



Building

New buildings for homes, offices and factories can destroy habitats. They can be good for people, but bad for the animals that lose their homes.



Pollution

Pollution can be on land, in water, or in the air. People leave garbage on the land and in rivers and seas. We put chemicals in rivers and seas, and damage the air with machines and fires.



Natural disasters:

Volcanoes

When a volcano erupts, ash falls to the ground and covers it. In the short term, plants can't grow. The ash pollutes the air.





Drought

When there isn't enough rain, the ground is dry and plants can't grow. Animals can't find water to drink. Farmers can't grow food.



Flood

In a flood, there is an overflow of water to land that is usually dry. This can happen in heavy rain or a storm. Floods can destroy natural habitats as well as people's homes.





Fire

Fires can happen in forests or grassland. Fire can destroy many habitats very quickly. The smoke pollutes the air.





I think it is a good idea to build the new homes. People need homes to live in. The city is crowded with too many houses. It will make jobs for lots of people. We can plant new trees after they build the homes. The animals will find somewhere else to live. It will be a beautiful place for people to live in.

I don't think we should build twenty new homes next to the lake on the edge of our town. The lake is a habitat for lots of wildlife. These are birds, fish, insects, snakes and frogs. There are lots of different trees and plants. It is also a beautiful place for people to visit and relax. The new homes will destroy this habitat. The machines will pollute the air and the water.

Exercises on Lesson 5

1 Write the correct word under each picture:

deforestation – pollution – drought – volcano – flood – fire – garbage – machine – factory



2 Read the following passage and answer the questions:

Animals and plants live together in balance in different habitats. But what happens when things change? There are lots of reasons for changes.

The first reason is deforestation. People cut down forests and rainforests to use the trees, or to make land for farming. This destroys the habitats of hundreds of animals, birds and plants.

The second reason is pollution. Pollution can be on land, in water, or in the air. People leave garbage on the land and in rivers and seas. We put chemicals in rivers and seas, and damage the air with machines and fires.

The third reason is building. New buildings for homes, offices and factories can destroy habitats. They can be good for people, but bad for the animals that lose their homes.

The fourth reason is volcanoes. When a volcano erupts, ash falls to the ground and covers it. In the short term, plants can't grow. The ash pollutes the air.

The fifth reason is drought. When there isn't enough rain, the ground is dry and plants can't grow. Animals can't find water to drink. Farmers can't grow food.

The sixth reason is flood. In a flood, there is an overflow of water to land that is usually dry. This can happen in heavy rain or a storm. Floods can destroy natural habitats as well as people's homes.

The seventh reason is fire. Fires can happen in forests or grassland. Fire can destroy many habitats very quickly. The smoke pollutes the air.

A Write the word that refers to each sentence:

1. Making land, water or air dirty. ....
2. Destroying habitats to make homes or offices. ....
3. Ash from these can cover the ground. ....
4. Cutting down trees. ....
5. When water covers the land. ....
6. This can destroy a habitat quickly. ....
7. When there isn't enough water. ....



B Read again and write one word from the passage :

1. .... is when there is too much rain onto land that is usually dry.
2. .... is when people cut down forests.
3. .... makes the land, air and water dirty.
4. .... new homes can destroy habitats.
5. When a .... erupts, ... falls on the ground.
6. When it's dry, ... can't grow, and farmers can't grow ....
7. A .... is when there isn't enough rain.

3 Read these positive effects and write the correct word then answer:

fire – volcano – flood

1. Water can bring new nutrients to the land. This helps plants to grow in the future. ....
2. There are minerals in the ash which are good for the soil. The soil will be healthier after some time. ....
3. Dead trees and leaves on the forest floor can be burned. This puts important nutrients into the soil. ....

Read again and choose :

1. **A flood can help the land because ....**
   a) water brings nutrients to the land.
   b) there will be lots of fish.
2. **Ash from volcanoes can help the land because ....**
   a) animals like to eat the ash.
   b) the ash is good for the soil.
3. **When fires burn dead leaves and plants ....**
   a) the nutrients go into the soil.
   b) the nutrients are lost.

4 Copy the following sentence:

A good book is a good friend.

____

____



Unit Test 4

1 Supply the missing parts in the following dialogue: (2Ms)

Amar : What might you do after school?
Fady : ....
Amar : What might happen next?
Fady : .... ?

2 Supply the missing letters: (6Ms)

n _ _ _
m _ _ _ _
r _ _ _ _ _ _ _ _
d _ _ _ _ _
v _ _ _ _ _ _ _
p _ _ _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① The (**South Pole** – **North Pole** – **equator**) is the point at the furthest north of the world.
② I (**might** – **will** – **might not**) go out. It's very cold outside.
③ Lions and cheetahs (**hunt** – **grow** – **hide**) other animals for food.
④ She (**might** – **might not** – **can't**) come with us to the zoo. She likes animals.
⑤ The (**cheetah** – **fennec fox** – **sloth**) moves very slowly.
⑥ He might (**eats** – **eat** – **ate**) chicken for dinner.
⑦ The (**swamp** – **tropical** – **polar**) parts of the world are very hot.
⑧ (**Did** – **Were** – **Was**) it a spider monkey? - No. It had big ears.

4 Rewrite the following sentences doing as shown: (4Ms)

1 She might drink orange juice. **(not)**
....

2 I went to the wildlife park. **(Where)**
....



3. What might you do tomorrow? (I ....)
↳ ....

4. It had a long tail. (not)
↳ ....

5 Read the following passage and answer the questions below: (4Ms)

I don't think we should build twenty new homes next to the lake on the edge of our town. The lake is a habitat for lots of wildlife. These are birds, fish, insects, snakes and frogs. There are lots of different trees and plants. It is also a beautiful place for people to visit and relax. The new homes will destroy this habitat. The machines will pollute the air and the water.

A Answer the following questions:

1. Why shouldn't we build new homes next to the lake?

....

2. Do you agree with the writer? ....

B Choose the correct answer:

3. The lake is on the (**middle** – **top** – **edge**) of the town.
4. The machines will (**erupt** – **pollute** – **hunt**) the air and the water.

6 Write a paragraph of four sentences on: (4Ms)

"The animals you know and where they live"

Ideas to help you:

penguin – camel – lion – monkey – polar bear – birds

....

....

....

....

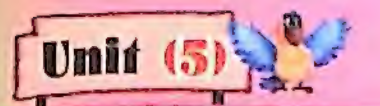
7 Copy the following sentence: (2Ms)

It's no use crying over spilt milk.

____

____


Unit (5)
All about water
Condensation
Evaporation
Precipitation
Collection



Lesson 1 Pages 64-67

A Vocabulary

Siwa Oasis	واحة سيوة	shade	ظِل
spring	عين مائية	herb	عشب
underground river	نهر جوفي	olive oil	زيت زيتون
lake	بحيرة	storm	عاصفة
surface	سطح	sandstorm	عاصفة رملية
soak	تشرب - تمتص - يتخلل	protect	يحمي
desert	صحراء	protection	حماية
mountain	جبل	monuments	آثار
wood	خشب	ground	أرض

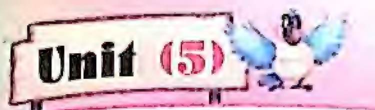
olive tree	شجرة زيتون	acacia	شجر الصمغ - سنط
tamarisk	شجرة نحيلة الأغصان	basil	ريحان



palm tree	نخلة		spearmint	نعناع
plants	نباتات		leaves	أوراق الشجر
dates	بلح		fruit	ثمار - فاكهة

provide	يمد - يزود		farmer	فلاح
shelter	مأوى		grow trees	يزرع أشجار
fresh water	ماء عذب		medicine	دواء
pretty flowers	زهور جميلة		sick	مريض
special place	مكان مميز		vitamins	فيتامينات
interesting place	مكان ممتع		minerals	معادن

hot	حار		make baskets	يصنع سلات
dry	جاف		bowl	سلطانية
hard	صلب		spoon	ملعقة
old	قديم		food	طعام



useful things	أشياء مفيدة	drink (n)	مشروب
delicious	لذيذة	animals	حيوانات
different ways	طرق مختلفة	family	أسرة - عائلة
whole	كل - جميع	three times	ثلاث مرات
where	حيث	such as	مثل
What else?	وماذا أيضًا؟	as well	أيضًا

Prepositions

look after	يعتني بـ	into the Earth	داخل الأرض
fall to	يسقط على	good for you	جيد لك
come up	يصعد	for thousands of years	لآلاف السنين

Conjugation of Verbs

Regular verbs

Present		past	Past participle
visit	يزور	visited	visited
cook	يطهي	cooked	cooked
protect	يحمي	protected	protected
walk	يمشي	walked	walked
climb	يتسلق	climbed	climbed
look after	يعتني بـ	looked after	looked after
live	يعيش	lived	lived
provide	يمد - يزود	provided	provided
use	يستخدم - يستعمل	used	used
try	يجرب - يحاول	tried	tried

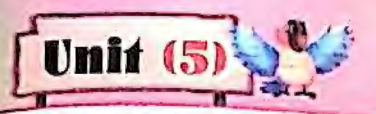


Irregular verbs

Present		past	Past participle
see	يرى	saw	seen
eat	يأكل	ate	eaten
swim	يسبح - يعوم	swam	swum
come up	يصعد	came up	come up
fall	يسقط - يقع	fell	fallen
make	يصنع	made	made
give	يعطي	gave	given
sell	يبيع	sold	sold
put	يضع	put	put
get	يحصل على	got	got
take	يأخذ	took	taken
drink	يشرب	drank	drunk



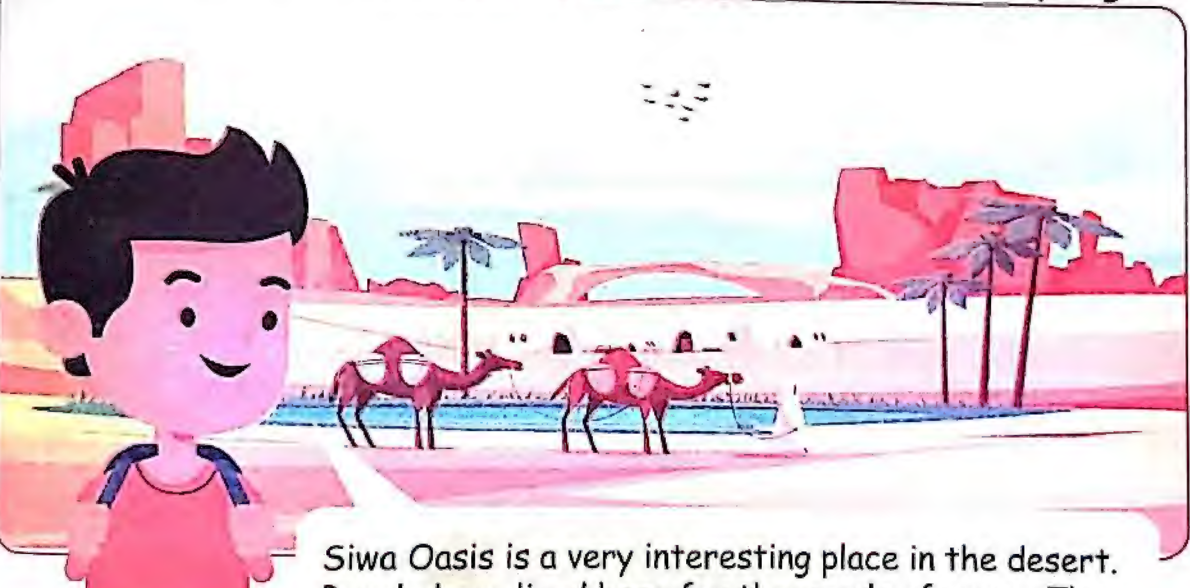
Siwa Oasis	: A famous oasis in the western desert in Egypt.
spring	: a source of water from the ground, particularly a very small pond.
underground	: beneath the surface of the ground.
river	: a large natural stream of fresh water flowing in a channel.
lake	: an area filled with water, surrounded by land.
surface	: the outside part or the top layer of something.
soak	: to pass, as a liquid, through holes.
shade	: screen from direct light.
herb	: any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume.
sandstorm	: a strong wind carrying sand with it, especially in a desert.
protect	: to keep safe from harm or injury.
tamarisk	: small trees that have tiny leaves of small, white to pink flowers.
palm tree	: a tree that gives out dates.



acacia	: a kind of tree or bush that grows in very warm climates and have tiny leaves and are covered in spikes.
basil	: an aromatic herb of the mint family.
spearmint	: mint, used as a herb and to flavor candy, chewing gum, etc.

♦ How is an oasis formed?

① Rain falls to the ground.
② The rain soaks into the earth.
③ The rain makes rivers and lakes underground.
④ Water comes up to the surface of the ground in a spring.
⑤ As oasis is a place where there is a big spring or lots of springs.



Siwa Oasis is a very interesting place in the desert. People have lived here for thousands of years. The desert is hot and dry, but in an oasis there is water. People can grow trees and plants, and look after animals. I've visited Siwa Oasis with my family. We ate lots of fruit, we saw some monuments and we swam in the spring.

There are many different plants and trees at an oasis. They make the oasis a special place. The desert is hot, and the trees and plants give people food, medicine, and shade.

Farmers grow tall date palm trees. They can sell dates in Egypt and all over the world. People also use the leaves of date palm trees to make baskets.



Olive trees grow here as well. People eat olives, cook with olives, and make olive oil. Olives are very good for you. The wood from the olive tree is hard, and we can make useful things from it such as bowls and spoons.



Acacia trees are old and very special. They provide shelter for people and animals. They protect the oasis from sandstorms.

Tamarisk trees also protect the oasis from sandstorms. They are smaller than acacia trees and they have pretty pink flowers.



People can grow spearmint in an oasis. This is a herb. It can be a medicine, or you can put it in food or drink.

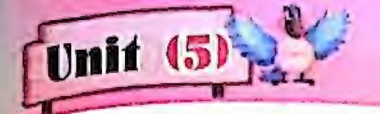


Basil is another herb. It is very good for you. It has lots of vitamins and minerals in it, and you can make medicine from its oil. It's delicious in food, too!



Present Perfect Tense زمن المضـــارع التام

Affirmative الإثبات	Negative النفي	Interrogative الاستفهام
I } have lived	I } haven't lived	Have { I lived...?
He / She / It } has lived	He / She / It } hasn't lived	Has { he lived ...? / she lived ..? / it lived...?
You / We / They } have lived	You / We / They } haven't lived	Have { you lived ..? / we lived ..? / they lived..?



يتكون من

(has – have) + p.p التصريف الثالث

- She **has climbed** a tree.
- They **have seen** a big lake.

★We use it to talk about experience.

★ يستخدم عند الحديث عن الخبرات السابقة او عند الحديث عن حدث ماضي مازال له تأثير حتى الان.

★ I **have never** tried coffee.

★ We have **walked** in a desert.

★ In the interrogative form, we use (has – have) at the beginning of the question or after the question word with the past participle.

★ عند عمل سؤال على المضارع التام، نبدأ السؤال بـ(have – has) او نضع إحداهما بعد أداة الاستفهام مع التصريف الثالث.

★ What have you done? — I have walked in the park.

★ Have you **ever** visited Siwa? — Yes, I have.

★ Have you **ever** seen a snake? — No, I haven't.

★ Have you **ever** climbed a mountain — No. I have **never** climbed a mountain.

Exercises on Lesson 1

1 Supply the missing parts in the following dialogue:

Shaza : Have you ever visited Siwa?

Jana : .... Is it a special place?

Shaza : ....

Shaza : What interesting things can we see there?

Shaza : ....

2 Complete using the following words:

shade – medicine – food – baskets – protection

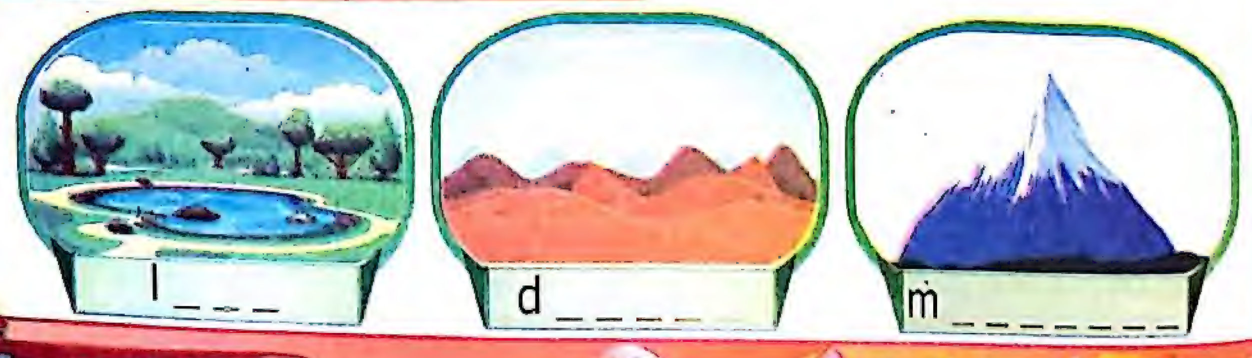
At an oasis, there are los of springs of fresh water. Trees and plants can grow, and we can use these in different ways. We can grow (1) .... to eat. We can take shelter from the sun in their (2) .... We can make (3) .... for people who are sick. We can make (4) .... from the leaves of trees and plants. The trees also give us (5) .... from storms in the desert. An oasis is a very special place!

3 Write the correct word under each picture:

spring – surface – underground river – herb – oasis – soak



4 Supply the missing letters:



s _ _ _ _

d _ _ _ _

s _ _ _ _

g _ _ _ _ _

w _ _ _

p _ _ _ t _ _ _

f _ _ _ _ _

m _ _ _ _ _ _ _

s _ _ _

5 Choose the correct word(s): Vocabulary

① The (mountain – oasis – ground) is a place in the desert where there's water.

② We can get water to drink at the (sea – winter – spring) over there.

③ Spearmint and basil are different (dates – herbs – fruit).

④ Don't go out when there's a (sun – light – sandstorm).

⑤ (Deserts – Lakes – Rivers) are very hot and dry.

⑥ Doctors give (medicine – plants – dates) to sick people.

⑦ We can get fresh water in (seas – rivers – oceans).

⑧ There are lots of dates in the (acacia – tamarisk – palm) tree.

⑨ The (farmer – doctor – teacher) grows plants and keeps animals.

⑩ We can sit in the (leaves – shade – wood) of a tree when it's hot.

6 Choose the correct word(s): Structures

1. He (has – have) ridden his bike.
2. I (has – have) done my homework.
3. We (has – have) watched a movie.
4. Mona (has – have) helped her mum.
5. They (has – have) gone to Alexandria.
6. The cat (has – have) eaten its food.
7. You (has – have) helped me a lot. Thank you.
8. I have (visiting – visit – visited) an oasis with my family three times.
9. We have (see – saw – seen) a big lake.
10. (Has – Have – Did) you ever climbed a tree?
11. I've (ever – never – already) eaten basil. I don't know it.
12. Have you ever (swum – swim – swam) in a lake?
13. They've (took – taken – take) lots of photos.
14. People (lives – are living – have lived) there for thousands of years.
15. Have you (ever – never – since) tried coffee?
16. Have you ever visited Siwa? - No, I (have – hasn't – haven't).

7 Read the passage and answer the questions:

There are many different plants and trees at an oasis. They make the oasis a special place. The desert is hot, and the trees and plants give people food, medicine, and shade.

Farmers grow tall date palm trees. They can sell dates in Egypt and all over the world. People also use the leaves of date palm trees to make baskets.

Olive trees grow here as well. People eat olives, cook with olives, and make olive oil. Olives are very good for you. The wood from the olive tree is hard, and we can make useful things from it such as bowls and spoons.

Acacia trees are old and very special. They provide shelter for people and animals. They protect the oasis from sandstorms.

Tamarisk trees also protect the oasis from sandstorms. They are smaller than acacia trees and they have pretty pink flowers.

People can grow spearmint in an oasis. This is a herb. It can be a medicine, or you can put it in food or drink.

Basil is another herb. It is very good for you. It has lots of vitamins and minerals in it, and you can make medicine from its oil. It's delicious in food, too!





A // Answer the following questions:

1. What do people use the leaves of palm trees for?
2. What protects the oasis from sandstorms?

B // Choose the correct answer:

3. Trees give us (**shade** – **baskets** – **bowls**).
4. (**Acacia** – **Tamarisk** – **Basil**) has lots of vitamins.

C // Match:

'A'	'B'
1 olive tree	a) you can put this herb in food or drink.
2 acacia tree	b) these small trees protect the oasis form sandstorms.
3 date palm tree	c) you can get hard wood from this tree.
4 spearmint	d) you can make baskets with the leaves of this tree.
5 tamarisk	e) this herb has vitamins and minerals in it.
6 basil	f) this special tree gives lots of shade.

8 Write a paragraph of four sentences on:

"Siwa Oasis"

Ideas to help you:

interesting – desert – water – plants – animals – dates – monuments

....

....

....

....





9 Rewrite the following sentences using the words in brackets:

1. No, I've never seen a snake. (Have)
   ↳ ....
2. He took lots of sandwiches. (taken)
   ↳ ....
3. Have you ever climbed a mountain. (No, ...)
   ↳ ....
4. They saw lots of interesting places. (seen)
   ↳ ....
5. Yes, I've tried Siwan food. (Have)
   ↳ ....
6. She swam in the swimming pool. (has)
   ↳ ....
7. Have you ever visited Luxor and Aswan? (Yes, ...)
   ↳ ....
8. I gave my mum a present. (have)
   ↳ ....

10 Copy the following sentence:

One hour today is worth two tomorrow.





Lesson 2 Pages 68-69

A Vocabulary

English	Arabic	English	Arabic
water cycle	دورة المياه	runoff	جريان المياه
condense	يتكثف	drops of water	قطرات الماء
condensation	تكثيف	liquid wate	ماء سائل
evaporation	تبخير	fresh water	ماء عذب
vapor	بخار	salt water	ماء مالح
precipitation	هطول الأمطار	sea	بحر
process	عملية	river	نهر
atmosphere	غلاف جوى	ocean	محيط
air	هواء	groundwater	مياه جوفية
join together	تلتحم مع بعضها	heat (n) (v)	حرارة - يسخن
clouds	سُحب	rise up	ترتفع
wind	رياح	cool (v)	يبرد

English	Arabic	English	Arabic
stages	مراحل	get bigger	تكبر
different types	أنماط مختلفة	get heavier	تصبح أثقل
sky	السماء	get deeper	تصبح أعمق
rain (n)	مطر	get wider	تصبح أوسع
snow	جليد	get cooler	تبرد
hail	بَرَد (ثلج خفيف)	flow	يتدفق
hill	تل	land (v)	تهبط(تنزل على الأرض)
high ground	أرض عالية	become	تصبح
experiment	تجربة	cause (v)	يسبب
science class	حصة علوم	start	تبدأ
beaker	كأس	move	تحرك
empty	فارغ	run down	تجري لأسفل
narrow	ضيق	come back	تعود - ترجع
ice	ثلج	travel	تنتقل

English	Arabic	English	Arabic
The Dead Sea	البحر الميت	float	تطفو
surrounded by	محاط بـ	frozen water	ماء متجمد
is squeezed out	تضغط للخارج	freeze (v)	يثلج (يجمد)
is formed	تكون - تشكل	polar regions	أماكن قطبية
salty	مالح	melt	يسيح (يصهر)

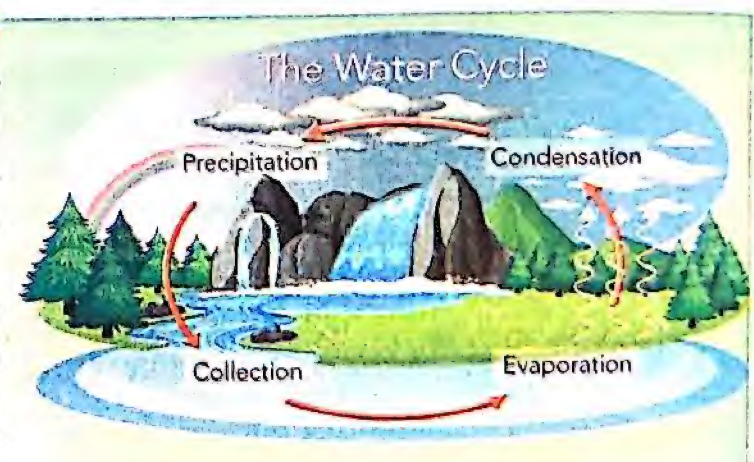
Vocabulary Study

water cycle	: cycle that involves the continuous circulation of water in the Earth-atmosphere system.
condensation	: water which collects as droplets on a cold surface when humid air is in contact with it.
evaporation	: the process of turning from liquid into vapor.
vapor	: when water turns into a gas form.
process	: a series of actions or steps taken in order to achieve a particular end.
precipitation	: water that falls from clouds.
atmosphere	: the whole mass of air surrounding the earth.
run off	: running water from the surface of an area of land.
fresh water	: water that you can drink, as water of rivers, ponds, or lakes, that is not salty.
salt water	: water from the sea, which has salt in it.
groundwater	: water held underground that can be brought to the surface through natural springs or by pumping.



rise up	: to come to the surface.
hail	: a form of solid, small balls usually consisting of layers of ice and snow that falls from the sky.
experiment	: an act or operation for the purpose of discovering something unknown or of testing something.
empty	: containing nothing; not filled.
flow (v)	: when water move or run smoothly.
float	: to stay on the surface of a liquid without sinking.
squeeze	: when you squeeze something, you put pressure on it.
polar regions	: area around the North Pole or the South Pole.
melt (v)	: make or become liquefied by warmth or heat.

The water cycle



Where does water come from? Water travels from the land to the sea, in a process called the **Water Cycle**. **These are the stages.**

Evaporation Let's start on the ground. Heat from the sun makes water in the sea, in lakes, and in rivers start to evaporate. The water turns into vapor. This vapor rises up into the atmosphere.

Condensation As the air rises, it starts to cool. This makes the water vapor condenses into drops of water. These join together to make clouds.

Precipitation Wind moves the clouds in the sky. The clouds get bigger and heavier. Precipitation is when water falls from the clouds as rain, snow, or hail.

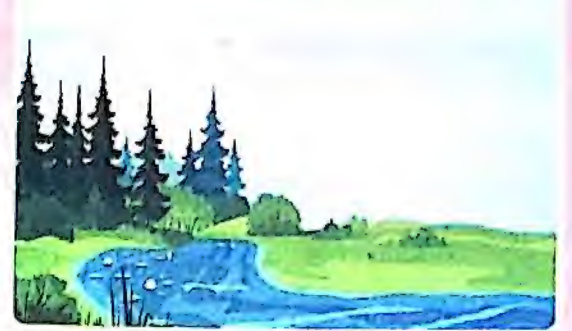
When rain falls on high ground, it runs down mountains and hills as rivers. This is **runoff**. The rivers start small and narrow. They get deeper and wider as they gather more water. Rivers run to the sea, and the cycle starts again with evaporation.

Some water soaks into the ground. This is **groundwater**. It flows into underground rivers and lakes. These can come back to the surface as a spring. A spring can become a river or a lake. The water evaporates, and the cycle starts again.



Rivers, Seas, and Oceans





There are two types of liquid water- fresh water and salt water. Rivers and lakes have fresh water in them. The water comes from precipitation and springs.

Seas and oceans have salt water in them, because rain washes minerals from the land and from rocks. These minerals go into the sea in runoff water.

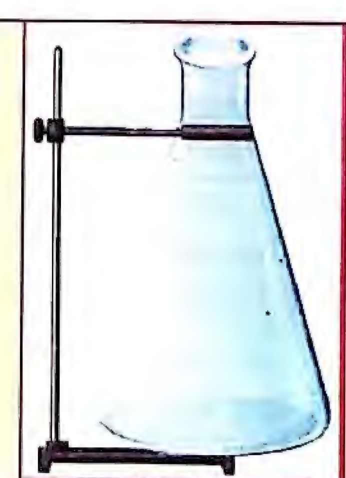
Rivers don't have salt water because the rain keeps fresh water moving through.



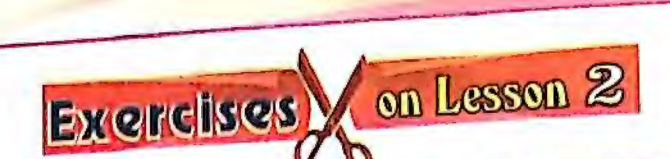
We've done an experiment in our science class. We put salt water in one beaker, and fresh water in another beaker. We heated the water in the beakers. Look what has happened!



The water has evaporated and we can see the salt.



The water has evaporated. The beaker is empty.



Exercises on Lesson 2

1 Write the correct word under each picture:

experiment – heat – evaporatation – sea – cloud – condensation – river – wind – float



2 Read the passage and answer the questions:

Where does water come from? Water travels from the land to the sea, in a process called the Water Cycle.

These are the stages.

Let's start on the ground. Heat from the sun makes water in the sea, in lakes, and in rivers start to evaporate. The water turns into vapor. This vapor rises up into the atmosphere. This is called evaporation.

As the air rises, it starts to cool. This makes the water vapor condenses into drops of water. These join together to make clouds. This is called condensation.

Wind moves the clouds in the sky. The clouds get bigger and heavier. Precipitation is when water falls from the clouds as rain, snow, or hail.

When rain falls on high ground, it runs down mountains and hills as rivers. This is runoff. The rivers start small and narrow.

They get deeper and wider as they gather more water. Rivers run to the sea, and the cycle starts again with evaporation.

Some water soaks into the ground. This is groundwater. It flows into underground rivers and lakes. These can come back to the surface as a spring. A spring can become a river or a lake. The water

A // Answer the following questions:

1. What does heat from the sun do to water?
2. What's precipitation?

B // Choose the correct answer:

3. Vapor (**falls down** – **rises up** – **stops**) into the atmosphere.
4. (**Groundwater** – **Frozen water** – **Salt water**) is water that soaks into the ground.

C // Complete the sentences form the passage:

1. .... is when water falls from clouds as rain.
2. Water that lands on the ground and travels in rivers is called ....
3. Some water soaks into the ground as ....
4. The sun causes .... of water from the surface of rivers and the sea.
5. .... happens as water vapor rises and gets cooler.
6. The whole process is called ....

3 Match "A" with "B":

'A'	'B'
1. evaporation	a) Water falls from the clouds as rain, snow or hail.
2. condensation	b) Some water soaks into the ground and flows in rivers that are under the ground.
3. precipitation	c) Water vapor rises and starts to cool. It becomes clouds.
4. runoff	d) How water in rivers becomes clouds, then rainfall, then runoff, then rivers that are under the ground.
5. groundwater	e) The sun turns water into vapor. Vapor rises into the atmosphere.
6. cycle	f) When rain falls on high ground, it runs down mountains as rivers.

4 Complete using the following words:

deeper – rivers – sea – small

Runoff starts as ..... small ..... , narrow .... on mountains and high ground. The rivers get .... and wider and then they run into the ....

cycle – lake – surface – ground

Groundwater flows in rivers and lakes under the .... This water comes back to the .... as a spring. A spring can become a river or a .... The water evaporates and the .... starts again.

5 Read the water facts then answer:

1. The Dead Sea is a small sea, and it is surrounded by land. The water here has a lot of salt in it. Because of the salt, you can float in the Dead Sea!
2. The water in an oasis is fresh. It comes from underground lakes and rivers.
3. Ice is frozen water. In polar regions, when ice is formed from salt water, the salt is squeezed out and only the water freezes. This means the ice isn't salty – you can melt the water and drink it!

A Circle T (true) or F (false:

1. The Dead Sea doesn't have much salt in it. T / F
2. You can float in the Dead Sea. T / F
3. The water in an oasis comes from precipitation. T / F
4. When ice is formed with salt water, it becomes more salty. T / F
5. In polar regions, you can melt ice and drink it. T / F

6 Copy the following sentence:

Doing is better than saying.

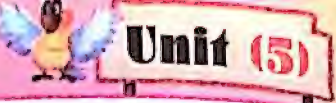
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Lesson 3 Pages 70-73

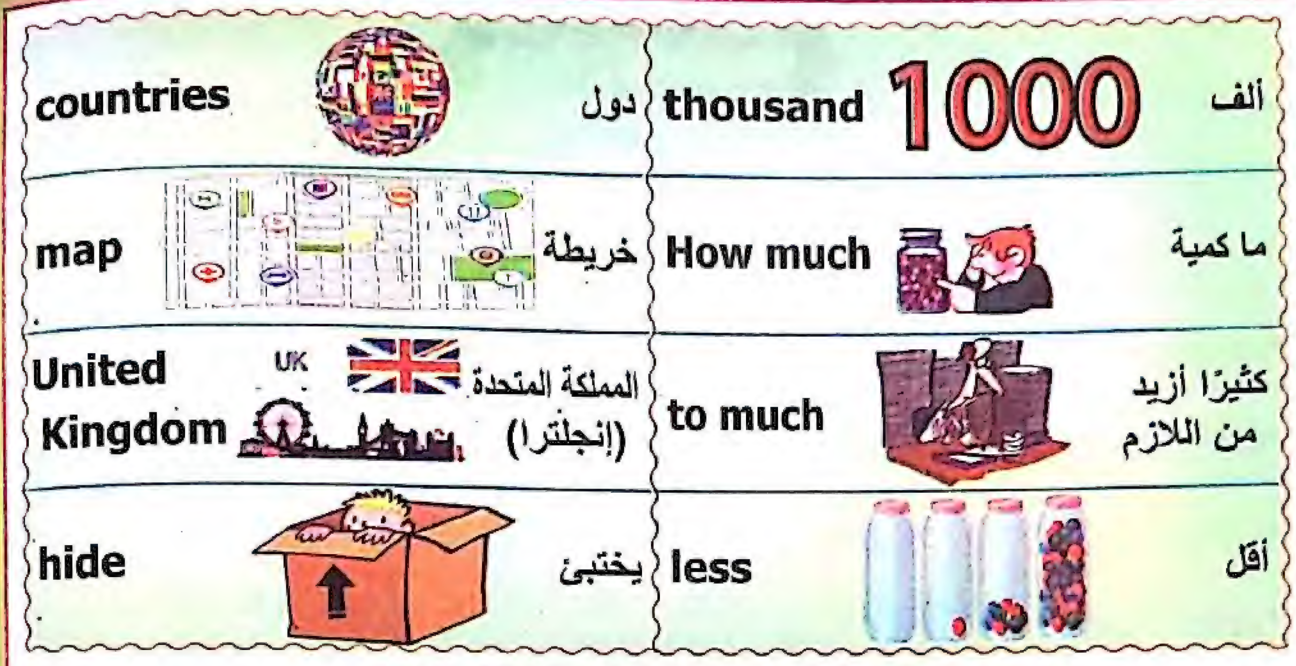
1 Vocabulary

English	Arabic	English	Arabic
cactus	نبات الصبار	thick skin	جلد سميك
camel	جمل	thick fur	فرو سميك
hooves	حوافر	roots	جذور
hump	سنام الجمل	camouflage	تمويه - خداع
spines	شوك	temperate zone	منطقة معتدلة
hollow tube	أنبوبة مفرغة	tropical zone	منطقة استوائية
habitat	موطن	polar zone	منطقة قطبية
adapt to	يتكيف مع	wetland	أرض مبللة (مائية)
survive	يبقى على قيد الحياة	wet	مبتل
behave	يسلك - يتصرف	dry	جاف
desert	صحراء	rainwater	مياه الأمطار



catch	يمسك		fat	دهن
hold	يمسك		nutrients	مواد مغذية
store	يخزن		wide	واسع
stem	جذع - ساق النبات		swamp	مستنقع
last	يستمر		keep warm	يحافظ عليه دافئ
sweat	يعرق		stay cool	يظل باردًا (رطبًا)
lose	يفقد - يخسر		deep	عميق

season	فصل - موسم		problem	مشكلة
fall	الخريف		measure	يقيس
spring	الربيع		amount	كمية
summer	الصيف		per year	فى العام
winter	الشتاء		millimeter (mm)	مليمتر
equator	خط الاستواء		hundred 100	مائة



countries دول	thousand 1000 ألف
map خريطة	How much ما كمية
United Kingdom UK المملكة المتحدة (إنجلترا)	to much كثيرًا أزيد من اللازم
hide يختبئ	less أقل

Phonics — the "ə" sounds:

river نهر	acacia نبات السنط
polar قطبي	shelter مأوى
water مياه	cheetah الفهد
cobra ثعبان الكوبرا	

Prepositions

in order to لكي	in the day بالنهار
close to قريب من	at night ليلاً
spread out ينتشر	lead to يؤدي إلى
point to يشير إلى	most of the year معظم السنة
keep the sand out يبعد الرمل	further away from أبعد كثيرًا عن

Vocabulary Study

cactus	: a plant with a thick stem that has spines, cacti plants can survive in hard conditions and lack of water.
hooves	: the horny parts of the feet of an animal, like a camel.
hump	: a rounded thing found on the back of a camel.
spines	: spikes on the stem of a plant.
hollow	: having a hole or empty space inside.
tube	: a long, hollow cylinder for holding or transporting something, like liquids or gases.
adapt	: to make (something) suitable for a new use or purpose
survive	: to continue to live or exist, especially in spite of danger or hardship.
behave	: act or conduct oneself in a specified way, especially toward others.
thick	: not thin.
skin	: the outer layer of an animal body.
fur	: the short, fine, soft hair of certain animals.
camouflage	: hiding or disguising.
temperate zone	: areas that have a climate that is warm in the summer, cold in the winter, and moderate in the spring and fall.
tropical zone	: areas that have a climate that is hot all the year round and there is heavy rain for six months and there is less rain for six months.
polar zone	: areas in the North or South Pole.
stem	: the main body of a plant.
store	: to keep (something) for future use.
last	: to continue.

Plants and animals

Plants and animals adapt to their habitat. This means that they change the way they behave in order to survive in their habitat. We know that plants need water to grow, and animals need to drink to live. But some plants and animals live in the desert. How?

Cactus plants have adapted to survive in the desert! Their roots are close to the surface and they spread out a long way in the ground. They can catch a lot of rainwater when it doesn't rain.
Inside a cactus, there are hollow tubes. These can hold water and store it for many years.
A cactus plant has thick skin so water inside the tubes can't evaporate. They have spines to protect them. These stop animals drinking the water inside the cactus.

Camels have **adapted** to survive very well in the desert. They can drink enough water to **last for** a week. They don't often sweat, so they don't lose water. They can store fat and nutrients in their **hump**, so they don't have to eat for months. They have wide **hooves**, so it is easier to walk on sand. They have hair around their eyes, ears and nose to keep the sand out.
The desert is hot in the day, but very cold at night. They have thick, fur to keep them warm at night.

Did you know?

Some countries have four seasons: spring, summer, fall, and winter. It might rain a lot in fall and winter, and not as much in spring and summer. These are countries further away from the equator, in the temperate zones.
Some countries have two seasons - the wet season and the dry season. These are countries closer to the equator, in tropical zones. It rains a lot for six months, then there is less rain for six months.



1 Supply the missing letters:

c _ _ _ _

d _ _

h _ _ _ _

c _ _ _ _ _ _

h _ _ _

wet

f _ _ _

m _ _

s _ _ _ _ _

t _ _ _

s _ _ _

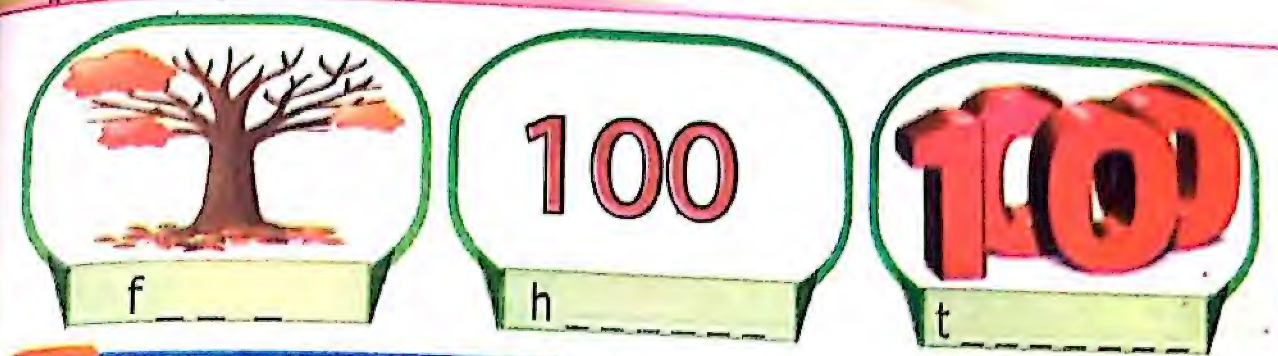
f _ _

r _ _ _ _

s _ _ _ _ _

s _ _ _ _ _

w _ _ _ _ _



2 Match "A" with "B":

'A'	'B'
❶ desert	a) There is a lot of rain here for most of the year.
❷ tropical zone	b) There is water on the ground here.
❸ wetland	c) The water here is ice.
❹ Polar zore	d) There is a lot of rain in fall and winter. There is less in spring and summer.
❺ temperate zone	e) It doesn't often rain here.

3 Read the passage and answer the questions:

Plants and animals adapt to their habitat. This means that they change the way they behave in order to survive in their habitat. We know that plants need water to grow, and animals need to drink to live. But some plants and animals live in the desert. How?

Cactus plants have adapted to survive in the desert! Their roots are close to the surface and they spread out a long way in the ground. They can catch a lot of rainwater when it doesn't rain.

Inside a cactus, there are hollow tubes. These can hold water and store it for many years. A cactus plant has thick skin so the water inside the tubes can't evaporate. They have spines to protect them. These stop animals drinking the water inside the cactus.

Camels have adapted to survive very well in the desert. They can drink enough water to last for a week. They don't often sweat, so they don't lose water. They can store fat and nutrients in their hump, so they don't have to eat for months.

They have wide hooves, so it is easier to walk on sand. They have hair around their eyes, ears and nose to keep the sand out.

The desert is hot in the day, but very cold at night. They have thick, fur to keep them warm at night.

A // Answer the following questions:

1. How do plants and animals adapt to their habitat?
2. What do plants and animals need water to?

B // Write T (True) or F (False):

1. The roots of a cactus are deep in the ground. ( )
2. A cactus can hold water for years. ( )
3. The spines of a cactus help animals find water. ( )
4. Camels sweat a lot to stay cool. ( )
5. A camel's hump can store fat and nutrients. ( )
6. A camel has wide hooves to keep it warm at night. ( )

4 Circle the word with the (ɔ) sound:

1. sea	acacia	coffee
2. cheetah	try	buy
3. through	statue	under
4. ride	shelter	night
5. mommy	happy	doctor

5 Say the following numbers:

Remember!

We say 352 three hundred and fifty-two
3522 three thousand, five hundred and twenty-two

Say these numbers:

4,480 - 421 - 508 - 2,340 - 9,087 - 635 - 8,793 - 176

6 Copy the following sentence:

Sooner begun, sooner done.

____

____



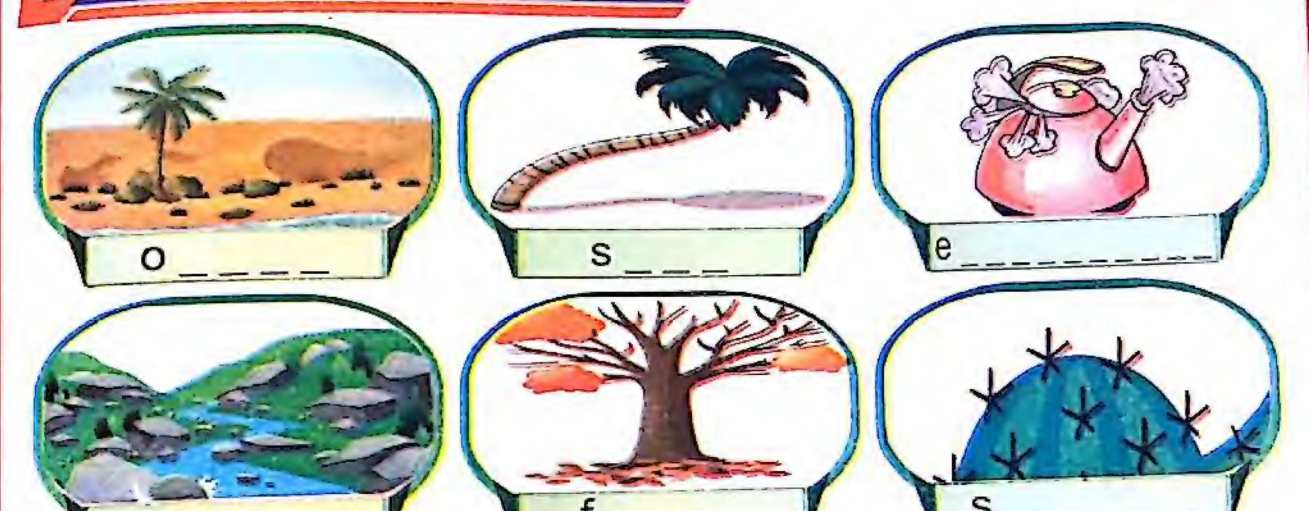




1 Supply the missing parts in the following dialogue: (2Ms)

Ashraf : ....
Walid : No, I have never climbed a mountain.
Ashraf : Do you like to climb a mountain one day?
Walid : ....

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

1. (Has – Have – Are) you ever cooked for your family?
2. We can get fresh water in the (sea – ocean – river).
3. People have (live – lives – lived) there for thousands of years.
4. Water vapor (condenses – evaporates – flows) into drops of water.
5. I've (ever – never – already) ridden a camel. I'm afraid of them.
6. All animals need (surface – beaker – shelter) for protection and keeping safe.
7. She's (eat – eaten – ate) all her sandwiches.
8. Water comes up to the surface of the ground in a (cloud – precipitation – spring).

4 Rewrite the following sentences doing as shown: (4Ms)

1. Yes, I have eaten dates. (Have)
   ....
2. He saw lots of beautiful birds. (seen)
   ....

3. Have you ever planted a tree? (No,...)
....

4. She gave me her pen. (has)
....

5 Read the following passage and answer the questions below: (4Ms)

The weather in Egypt is usually sunny. But in summer. It's very hot. So we usually go to Alexandria. In winter, it's cold and it sometimes rains. We sometimes go to Luxor and Aswan in winter. I like spring. The weather is windy and nice in spring.

A Answer the following questions:

1. What's the weather like in summer? ....
2. Is it wet in winter? ....

B Choose the correct answer:

1. It's (**hot – cold – windy**) in spring.
2. The weather in Egypt is (**cloudy – snowy – sunny**).

6 Write a paragraph of four sentences on: (4Ms)

"How is water very important"

Ideas to help you:

- humans
- animals
- plants

....
....
....
....
....

7 Copy the following sentence: (2Ms)

Never put off until tomorrow what you can do today.




Unit (6)
What is a flood?

Lesson 1 Pages 76-77

A Vocabulary



flood	طوفان - فيضان	drain	بالوعة (بلاعة)
dam	سد	pipe	أنبوبة
barrier	حاجز	canal	قناة مائية
pump (n)	مضخة	sandbag	أكياس رمل

thunderstorms	عواصف رعدية	airport	ميناء جوي
lightning	برق	port	ميناء بحري
rain	مطر	streets	شوارع
ground	أرض	other places	أماكن أخرى
build	يبني	closed (adj)	مغلق
building	مبنى	stop water	يوقف المياه
move	تتحرك	as well as	علاوة على
use	يستخدم - يستعمل	so	لذلك
river	نهر	where they need it	حيث يحتاجونها

Prepositions

on the surface	على السطح	go down	تنزل
keep water out	يبعد الماء	in front of	أمام
take ..... out	يخرج	under	تحت
put up	يقيم - ينصب	above	أعلى - فوق



flood (n)	: the overflowing of a large amount of water of normally dry areas, often after heavy rains.
barrier	: a fence or other obstacle that prevents the movement of water.
dam	: a barrier preventing the flow of water or of loose solid materials.
pump (n)	: a device that raises, transfers liquids or that attenuates gases especially by suction or pressure or both
pipe	: a tube of metal, plastic, or other material used to carry water.
drain	: a pipe carrying off surplus liquid, especially rainwater or liquid waste.
canal	: an artificial waterway for navigation or for draining or irrigating land.
sandbag	: a bag filled with sand.
thunderstorms	: a storm with thunder and lightning and typically also heavy rain or hail.
lightning	: a flash of light that is caused by the discharge of electricity in the atmosphere.
airport	: a place where planes land and take off.
port	: a place where boats come and go.
closed (adj)	: not open.
surface	: the outside part or uppermost layer of something.

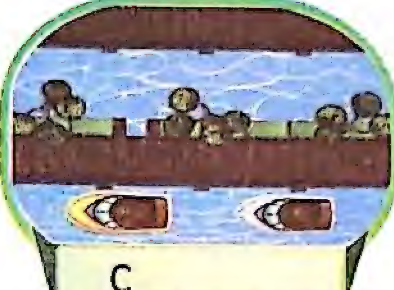

In 2020, there was a flood in Egypt. There was a lot of rain, as well as thunderstorms and lightning. The airport in Luxor and the ports in Alexandria and Sharm el-Sheikh were closed.
Yes, that's right. A lot of rain fell in a very short time. There was too much water, and the streets and buildings in Cairo and other places flooded.

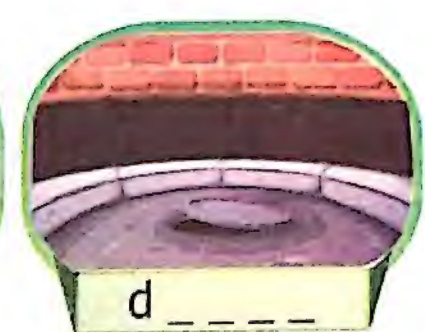


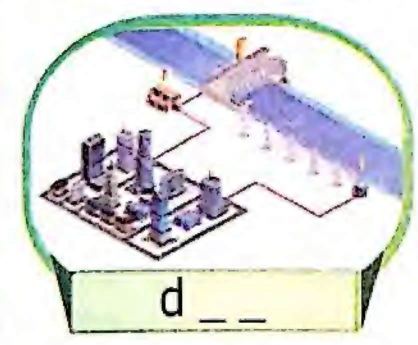
Exercises on Lesson 1

1 Supply the missing letters:

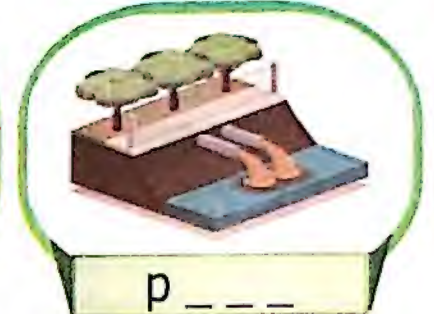

f _ _ _ _

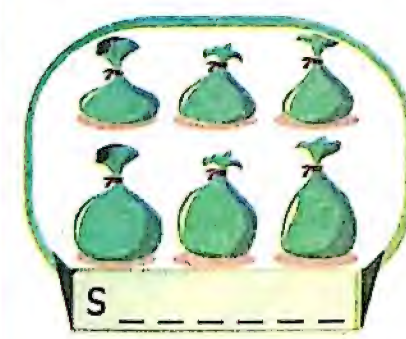

c _ _ _ _

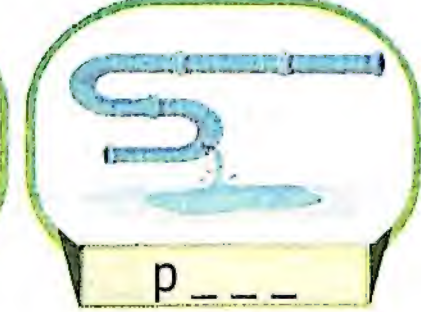

d _ _ _ _


d _ _


b _ _ _ _ _ _ _


p _ _ _


s _ _ _ _ _ _ _


p _ _ _


r _ _ _


l _ _ _ _ _ _ _ _


a _ _ _ _ _ _


s _ _ _ _ _

2 Choose the correct word(s): Structures

1. There was a (thunderstorm – flood) in Egypt. Water filled all streets and roads.

② A (dam – drain) stops water in a river.

③ Water on the surface of streets can go down a (drain – barrier).

④ You can use a (dam – pump) to take water out of a building in a flood.

⑤ Water moves in (pipes – sandbags) under the ground or above the ground

⑥ A (pump – canal) is a river that people build, so they can move water to where they need it.

⑦ In a flood, people can put up a (pipe – barrier) to stop water in the street.

⑧ People put (sandbags – canals) in front of houses and buildings to keep water out

3 Read the following passage and answer the questions:

In 2020, there was a flood in Egypt. There was a lot of rain, as well as thunderstorms and lightning. The airport in Luxor and the ports in Alexandria and Sharm el-Sheikh were closed. A lot of rain fell in a very short time. There was too much water, and the streets and buildings in Cairo and other places flooded.

A Answer the following questions:

1. What happened in Egypt in 2020?
2. Why were the ports in Alexandria closed?

B Choose the correct answer:

3. The airport in Luxor was (**open** – **narrow** – **closed**).
4. The streets and buildings in (**Cairo** – **Alexandria** – **Sharm el-Sheikh**) flooded.

4 Copy the following sentence:

Honesty is the best policy.

____

____

Lesson 2 Pages 78-79

A Vocabulary

Word	Meaning	Word	Meaning
collapse	ينهار	minimize	يقلل
ruin (v)	يدمر	predict	يتنبأ
wash away	يجرف	protect	يحمي
damage	يتلف	warn	يحذر
destroy	يدمر	warning	تحذير
install	يركب - يثبت	powerful pumps	مضخات ضخمة

Word	Meaning	Word	Meaning
dangerous effects	تأثيرات خطيرة	important	هام - مهم
positive	إيجابي	new technology	تكنولوجيا حديثة
negative	سلبي	cell phones	هواتف ذكية
meteorologist	عالِم أرصاد جوية	weather	طقس
scientist	عالِم	homes	بيوت
engineer	مهندس	shops	محلات
keep .... safe	يحافظ عليه في مأمن	offices	مكاتب
problems	مشاكل	roads	طرق
risk	مخاطرة	bridges	كباري

prepare	يستعد - يجهز	clear	خالية من الشوائب
find ways	يجدوا طرق	more	أكثر
study	يدرس	less	أقل
start	يبدأ	smaller	أصغر
send	يبعث - يرسل	cup	فنجان
get	يحصل على	pencil	قلم رصاص
remove	يزيل	ruler	مسطرة
make	تجعل	paper	ورق
something bad	شيء ما سيء	what might happen	ما يمكن أن يحدث

Prepositions

in the future	في المستقبل	fall down	تسقط
in a short time	في وقت قصير	carry ... away	يجرف
in good condition	في حالة جيدة	move away	تتحرك بعيدًا
put something in	يرَكِب	such as	مثل

Vocabulary Study

collapse	: to fall down.
ruin (v)	: to damage or destroy something.
wash away	: to carry something away with water.
damage	: to do harm.
destroy	: to put an end to the existence of (something).
minimize	: to make something smaller or less.
predict	: to say what might happen in the future.
protect	: to keep something safe.
warn	: to tell people that something bad will happen, so they can prepare.
warning	: something which is said or written to tell people of a possible danger, problem, that might happen,
install	: to put something in.
effect (n)	: a change which is a result or consequence of an action or other cause.
positive	: means focused on what is good.
negative	: means focused on what is bad.
meteorologist	: a person who studies the weather.
scientist	: a person who is studying or has expert knowledge of one or more of the natural or physical sciences.
problems	: a matter or situation regarded as unwelcome or harmful.
technology	: the application of scientific knowledge for practical purposes, especially in industry.
engineer	: a person who designs, builds, or maintains engines, machines, or public works.
risk	: a situation involving possibility to danger.
keep .... safe	: to protect or take care of something.





When there are floods, there can be big problems. Flood water can ruin homes, shops, and offices. It can **wash away** roads or make bridges and homes **collapse**. It's important for engineers and scientists to find ways to protect everyone from floods.

Meteorologists are people who study the weather. They watch what is happening and predict when floods will start. They can **warn** people to put up barriers or use sandbags to keep their homes safe. They can send these warnings on cell phones, so everyone gets them quickly.

We can **install** new technology such as more powerful pumps to remove the water. We can keep drains clear and in good condition so water can move away quickly.

When it rains a lot in a short time, there is a risk of flooding. If we are prepared for this, we can minimize the dangerous effects of flooding.

B Structures

✍ تنقسم الأسماء إلى أسماء تعد لها مفرد ولها جمع وأسماء لا تعد دائمًا تعامل معاملة المفرد مثل:

Countable nouns أسماء تعد		
cup	-	pencil
ruler	-	bag
pen	-	book
road	-	street
bridge	-	office
shop	-	tree
car	-	school
boy	-	girl

Uncountable nouns أسماء لا تعد		
water	-	paper
rice	-	meat
tea	-	coffee
rain	-	air
sugar	-	salt
jam	-	bread
pasta	-	cheese
sand	-	blood

too many (أزيد من اللازم)	تُتبع بإسم يعد (جمع)
too much (أزيد من اللازم)	تُتبع بإسم لا يعد
enough (كافٍ)	تُتبع بإسم يعد أو لا يعد

- There is too much water in the pot.
- There are too many books in my bag.
- There isn't enough paper on the table.
- There aren't enough cups in the kitchen.

لاحظ أن الأسماء التي لا تعد دائمًا تعامل معاملة المفرد بينما الأسماء التي تعد تعامل معاملة المفرد إن كانت مفرد وتعامل معاملة الجمع إن كانت جمع.



1 Choose the correct word(s): Vocabulary

1. We can (minimize – collapse) the effects of flooding if we are prepared.
2. Flood water can (wash away – warn) cars, roads and bridges.
3. We need to (predict – install) a pump to remove the water.
4. We can (ruin – protect) our streets with barriers.
5. Flood water can (ruin – install) homes and shops.
6. Buildings can (collapse – wash away) when there are dangerous floods.

2 Choose the correct word(s): Structures

1. There are too (many – much – enough) pencils in the bag.
2. There is too (enough – many – much) water in the glass.
3. There aren't (too – too much – enough) rulers in the bag.

4. There isn't (enough – too many – too) tea in my cup.
5. There (am – is – are) too many cars in the street.
6. There (am – is – are) too much cheese in my sandwich.
7. There (am not – isn't – are not) enough rice in the fridge.
8. There (am not – isn't – aren't) enough bridges in my town.
9. There is too (many – much – enough) salt in my food.
10. There aren't (too much – too – enough) boys to play football.
11. There are too (many – much – enough) shops in my street.
12. There isn't (too – enough – too many) sugar in my coffee.
13. There (am – is – are) enough schools in this town for all children.
14. There (am – is – are) too much sand on the floor.
15. There (am – is – are) enough meat to cook lunch.
16. There (am – is – are) too many girls in this room.

3 Read the following passage and answer the questions:

When there are floods, there can be big problems. Flood water can ruin homes, shops, and offices. It can wash away roads or make bridges and homes collapse. It's important for engineers and scientists to find ways to protect everyone from floods.

Meteorologists are people who study the weather. They watch what is happening and predict when floods will start. They can warn people to put up barriers or use sandbags to keep their homes safe. They can send these warnings on cell phones, so everyone gets them quickly.

We can install new technology such as more powerful pumps to remove the water. We can keep drains clear and in good condition so water can move away quickly.

When it rains a lot in a short time, there is a risk of flooding. If we are prepared for this, we can minimize the dangerous effects of flooding.

A // Answer the following questions:

1. How are floods big problems to us?
2. What happens when we are prepared for floods?

B // Choose the correct answer:

3. (**Engineers** – **Meteorologists** – **Teachers**) are people who study the weather.
4. We can use powerful (**pumps** – **barriers** – **dams**) to remove the water.

C // Read again and match:

'A'	'B'
1 ruin	a) to say what might happen in the future.
2 wash away	b) to put something in.
3 collapse	c) to damage or destroy something.
4 protect	d) to make something smaller or less
5 predict	e) to keep something safe.
6 warn	f) to carry something away with water.
7 install	g) to fall down.
8 minimize	h) to tell people that something bad will happen, so they can prepare.

4 Rewrite the following sentences using the words in brackets:

1. There is too much water. **(Use: glasses of water)**
   ....
2. I can't buy the T-shirt with this little money. I need 20 pounds more. **(enough)**
   ....
3. We don't have a cup for everyone. **(enough)**
   ....



4. They have lots of bread in the kitchen. (too much)

↳ ....

5. We have lots of trees in the garden. (too many)

↳ ....

6. There is too much coffee. (cups of coffee)

↳ ....

7. There isn't a book for every pupil in the class. (enough)

↳ ....

8. We don't have much cheese to make sandwiches. (enough)

↳ ....

9. Cars filled the streets of the city. (too many)

↳ ....

10. Her tea is full of lots of sugar. (too much)

↳ ....

5 Copy the following sentence:

An early bird catches the worm.

____

____



Lesson 3 Pages 30-31

A Vocabulary

bossy	متسلط - دكتاتوري	brave	شجاع
cowardly	جبان	cooperative	متعاون
lazy	كسول	caring	مراعي - مهتم
mean	بخيل - سيء	generous	كريم
moody	متقلب المزاج	responsible	مسئول
selfish	أناني	wise	حكيم - عاقل
funny	مَرِح - مسلي	loyal	مخلص
calm	هادئ	polite	مؤدب

severe	قاسٍ	sensible	عاقل
scary	مخيف	pleased	سعيد - مسرور
scared	خائف	sick	مريض
frightening	مخيف	injured	مصاب - مجروح
serious	خطير - جاد	ready	جاهز - مستعد
dangerous	خطير	quickly	بسرعة
different	مختلف	kind	طيب



English	Arabic	English	Arabic
volunteer (n) (v)	متطوع - يتطوع	heavy rainfall	أمطار غزيرة
volunteering	تطوع	other people	ناس آخرين
community	مجتمع	though	على الرغم من
police officer	ضابط شرطة	communicator	متصل
firefighter	رجل مطافئ	presents	هدايا
interviewer	مُحاور	boat	قارب - مركب
citizen	مواطن	situations	مواقف

English	Arabic	English	Arabic
describe	يصف	focus on	يركز على
train	يتدرب	get to	يصل إلى
enjoy	يستمتع بـ	look after	يعتني بـ
think	أعتقد	tell jokes	تقول نكات
worry	يقلق	sharing things	مشاركة الأشياء
so	لذلك	as well	أيضًا

Expressions

emergency responder	مستجيب لنداءات الاستغاثة (الطوارئ)
help do their jobs	نساعدهم في أداء مهامهم
do first aid	نقوم بالإسعافات الأولية
travel around the city	نسافر في كل أرجاء المدينة
were stuck in their homes	كانوا محبوسين في منازلهم
without getting paid	بدون الحصول على أجر
make people laugh	يجعل الناس يضحكون
tell people what to do	يقول للناس ما ينبغي عمله
tell her friend's secrets	تفشي أسرار صديقتها
think about himself	يفكر في نفسه
get excited about	تثار أو تنفعل بشأن ....
works very well in a team	يعمل جيدًا في فريق
speaks nicely to everyone	يتكلم بالحسنى إلى كل شخص
behave well	يتصرف بشكل جيد
works very hard	يعمل بجد جدًا

Vocabulary Study

bossy	: fond of telling people what to do.
cowardly	: scared in dangerous situations.
lazy	: unwilling to work or use energy.
mean	: unkind.
moody	: (of a person) given to unpredictable changes of mood.
selfish	: thinking only about himself.
brave	: ready to face danger.
cooperative	: working very well in a team.
caring	: looking after other people.
generous	: helping other people and giving them support especially money.
responsible	: having control over or care for someone, as part of one's job or role.
wise	: having or showing experience, knowledge, and good judgment.
loyal	: giving or showing support to a person or institution.
funny	: telling lots of jokes and making people laugh.
calm	: not getting worried or excited about things.
polite	: speaking nicely to everyone and behaving well.
severe	: unnecessarily extreme.
scary	: frightening.
scared	: frightened.
serious	: dangerous or firm.
dangerous	: able or likely to cause harm or injury.
sensible	: having, using, or showing good sense or sound judgment.
pleased	: happy.
ready	: completely prepared or in fit condition.
kind (adj)	: having or showing a friendly nature.
frightening	: making someone afraid.
volunteer	: someone who does a job without getting paid.
community	: a group of people living in the same place.
interviewer	: a person who interviews someone.
citizen	: a member of a state or nation.
rainfall	: the fall of rain.
communicator	: a person who is able to exchange information, news, or ideas.
emergency	: a serious, unexpected, and often dangerous situation.
responder	: a person who reacts quickly or positively to something.
first aid	: help given to a sick or injured person.
focus on	: to pay attention to.

Lara is an emergency responder. When there was a severe flood in Cairo in 2020, she was one of the first people to rescue the other citizens from the flood water.



Interviewer Can you describe what an emergency repsonder is?

Lara Yes, of course. I volunteer to help my community when there is an emergency. We aren't the police, or firefighters, but we are trained to help them do their jobs. We can get to a place quickly, do first aid, and rescue people from floods.

Interviewer Do you enjoy being an emergency responder?

Lara Yes, I do. I like helping people and we do lots of different things.

Interviewer Is it a scary thing to do?

Lara Well, sometimes it is, but then I think that other people will be scared as well, so I focus on how I can help them.

Interviewer What did you do when the flood started in Cairo?

Lara We knew it might be dangerous when there was very heavy rainfall. So, my team were ready to help people quickly. Our job was to help people who were sick or injured.

Interviewer How did you travel around the city?

Lara We had small boats, so we could go to different houses and help people who were stuck in their homes.

Interviewer Were people pleased to see you?

Lara Yes, they were! That's one of the things I love about volunteering – you can make people very happy!

Interviewer Thank you, Lara.



1 Write the words in the correct column:

bossy – brave – cowardly – polite – wise – cooperative – lazy – generous – mean – selfish – responsible – caring – moody – loyal

Negative	Positive

2 Circle two correct words of each person:

Sara tells a lot of jokes and makes people laugh, but she also likes telling people what to do! She sometimes tells her friend's secrets to other people. **(funny – loyal – bossy)**

Fares often thinks about himself. He doesn't like sharing things. He gets angry quickly.
(moody – selfish – mean)

Nesma doesn't worry or get excited about things. She likes helping other people and she is a good friend. She likes giving people presents. **(calm – generous – moody)**

Wael works very well in a team. He speaks nicely to everyone and behaves well. He works very hard.
(lazy – polite – cooperative)

Adam is sensible and can look after other people. He is kind and he isn't scared in dangerous situations.
(responsible – cowardly – brave)

3 Read the following passage and answer the questions:

Lara is an emergency responder. When there was a severe flood in Cairo in 2020, she was one of the first people to rescue the other citizens from the flood water.

Interviewer Can you describe what an emergency repsonder is?

Lara Yes, of course. I volunteer to help my community when there is an emergency. We aren't the police, or firefighters, but we are trained to help them do their jobs. We can get to a place quickly, do first aid, and rescue people from floods.

Interviewer Do you enjoy being an emergency responder?

Lara Yes, I do. I like helping people and we do lots of different things.

Interviewer Is it a scary thing to do?

Lara Well, sometimes it is, but then I think that other people will be scared as well, so I focus on how I can help them.

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Lara We had small boats, so we could go to different houses and help people who were stuck in their homes.

Interviewer Were people pleased to see you?

Lara Yes, they were! That's one of the things I love about volunteering – you can make people very happy!

Interviewer Thank you, Lara.

A // Put a (√) or (×):

1. Lara is a police officer. (   )
2. Lara can rescue people from floods. (   )
3. Lara says she is never scared. (   )
4. Lara's team helped people quickly. (   )

B // Find words in the text that mean .... :

1. very serious (......................)
2. take someone out of a dangerous place (......................)
3. frightening (......................)
4. a lot of (rainfall) (......................)
5. people who need help (two words) (.................) (.................)

4 Copy the following sentence:

A man is known by the company he keeps.

____

____





Lesson 4 Pages 82-83

English	Arabic	English	Arabic
traditional farming	زراعة تقليدية	irrigation system	نظام الري
farmer	فلاح - مزارع	water (v)	يروي
dry areas	أماكن جافة	sources of water	مصادر المياه
hydroponic	زراعة مائية	field	حقل
farm	مزرعة	soil	تربة
crops	محاصيل	spray	رش - يرش
well	بئر	drip	تنقيط - ينقط

English	Arabic	English	Arabic
grow food	يزرعوا الطعام	bring	يُحضر
rainfall	هطول الأمطار	change	يغير
desert	صحراء	cover	يغطي
Ancient Egyptians	المصريون القدماء	contain	يحتوي على
statue	تمثال	still	لا يزال
modern	حديث - عصري	today	اليوم

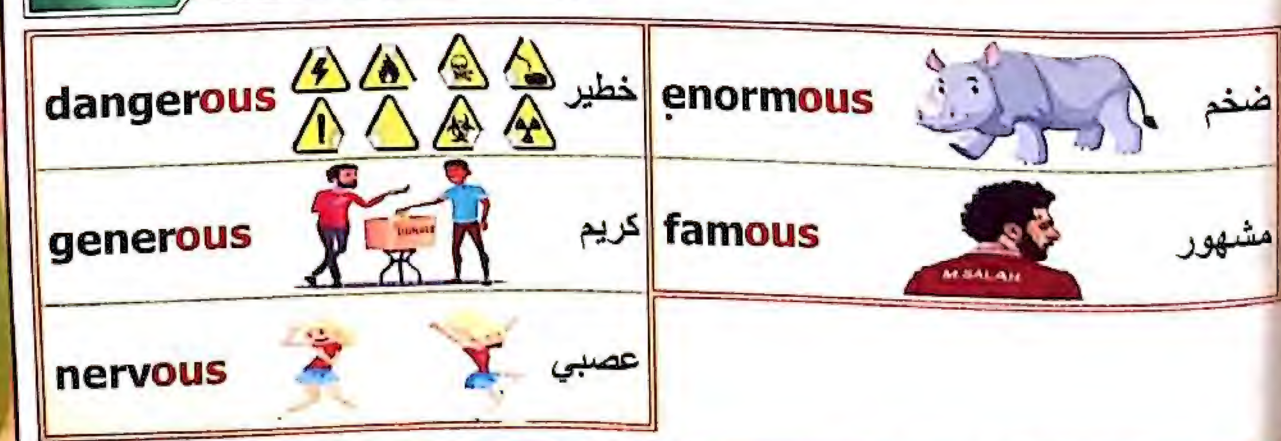


lake	بحيرة	whole	كل
spring	عين مائية	both types	كلا النمطين
waste water	يبدد المياه	the best way	أفضل طريقة
holes	فتحات	useful	مفيد - نافع
minerals	معادن	anywhere	في أي مكان
a lot less water	مياه أقل بكثير	countries	دول

Prepositions

through pipes	عبر أنابيب	on land	على الأرض
in the past	في الماضي	good for	جيد لـ
over time	بمرور الوقت	look like	يشبه - مثل
across	عبر - يعبر	isn't lost to evaporation	لا تُفقد بالتبخير

Phonics the "ous" sounds:



dangerous	خطير	enormous	ضخم
generous	كريم	famous	مشهور
nervous	عصبي		

Vocabulary Study

traditional farming	: farming that doesn't depend on modern ways.
dry areas	: places that doesn't have enough water.
hydroponic	: the process of growing plants in water without soil.
well (n)	: a hole in the ground that has fresh water.
crops	: plants that are grown as food.
irrigation	: the supply of water to land or crops to help growth.
sources	: a place, person, or thing from which something comes.
field	: an area of open land planted with crops,
soil	: the upper layer of earth in which plants grow.
spray	: liquid that is blown or driven through the air in the form of tiny drops.
drip	: to fall in or as if in drops.
Ancient Egyptians	: people who lived in Egypt very long ago.
hole	: a hollow place in a solid body or surface.
statue	: a carved figure of a person or animal.
nervous	: getting angry quickly.
enormous	: very large.
famous	: known by a lot of people.

Farming in dry areas

We all know that plants need sunlight, food, and water. So how do people grow food in the desert, when there isn't enough water?

Spray

Farmers in dry countries need to water their crops. There isn't enough rainfall to give the crops all the water they need so they use irrigation. This means bringing water in through pipes, from wells, canals, or other sources of water. Farmers also use pumps to move water from rivers or wells to the fields. Ancient Egyptians used irrigation in the past, and people still need it today. Irrigation systems have changed over time and now they can carry more water.

The problem with modern irrigation is that it can take too much water out of rivers, lakes, and springs.

Drip

There are different ways to irrigate a field. Flood irrigation covers a whole field in water. Or there are systems that spray water across a field. Both these types can waste water. The best way is drip irrigation. This is where water drips onto the plants through holes in the pipes. The water only goes onto the plant, where it is needed, not into the ground. And water isn't lost to evaporation.

Hydroponic farm

A new way of farming in dry countries is hydroponic farming. This is a modern technology that is useful in dry countries. It uses only water, not soil, to grow plants. The special water contains the minerals that the plant needs. This system uses a lot less water than traditional farming. Farmers can start a hydroponic farm anywhere - it doesn't have to be on land that is good for traditional farming. Is this what all farms will look like in the future?

Exercises on Lesson 4

1 Supply the missing letters:

f _ _ _ _ _ _

w _ _ _

i _ _ _ _ _ _ _ _ _

s _ _ _

s _ _ _ _ _

d _ _ _

A _ _ _ E _ _ _

s _ _ _ _ _ _

f _ _ _

2 Read the following passage and answer the questions:

We all know that plants need sunlight, food, and water. So how do people grow food in the desert, when there isn't enough water?

Farmers in dry countries need to water their crops. There isn't enough rainfall to give the crops all the water they need so they use irrigation. This means bringing water in through pipes, from wells, canals, or other sources of water. Farmers also use pumps to move water from rivers or wells to the fields. Ancient Egyptians used irrigation in the past, and people still need it today. Irrigation systems have changed over time and now they can carry more water.

The problem with modern irrigation is that it can take too much water out of rivers, lakes, and springs.

There are different ways to irrigate a field. Flood irrigation covers a whole field in water. Or there are systems that spray water across a field. Both these types can waste water. The best way is drip irrigation. This is where water drips onto the plants through holes in the pipes. The water only goes onto the plant, where it is needed, not into the ground. And water isn't lost to evaporation.

A new way of farming in dry countries is hydroponic farming. This is a modern technology that is useful in dry countries. It uses only water, not soil, to grow plants. The special water contains the minerals that the plant needs. This system uses a lot less water than traditional farming. Farmers can start a hydroponic farm anywhere – it doesn't have to be on land that is good for traditional farming.

A Answer the following questions:

1. Where do farmers get water from for irrigation?
2. What can farmers use to move water out of rivers or wells?
3. What is the problem with irrigation?
4. Why does flood irrigation waste water?

B Put a (✓) or (✗):

1. Hydroponic farming is good for countries that have too much water. (   )
2. Hydroponic farming uses special soil. (   )
3. There are minerals in the water in a hydroponic farm. (   )
4. A hydroponic farm doesn't have to be on farming land. (   )

3 Copy the following sentence:

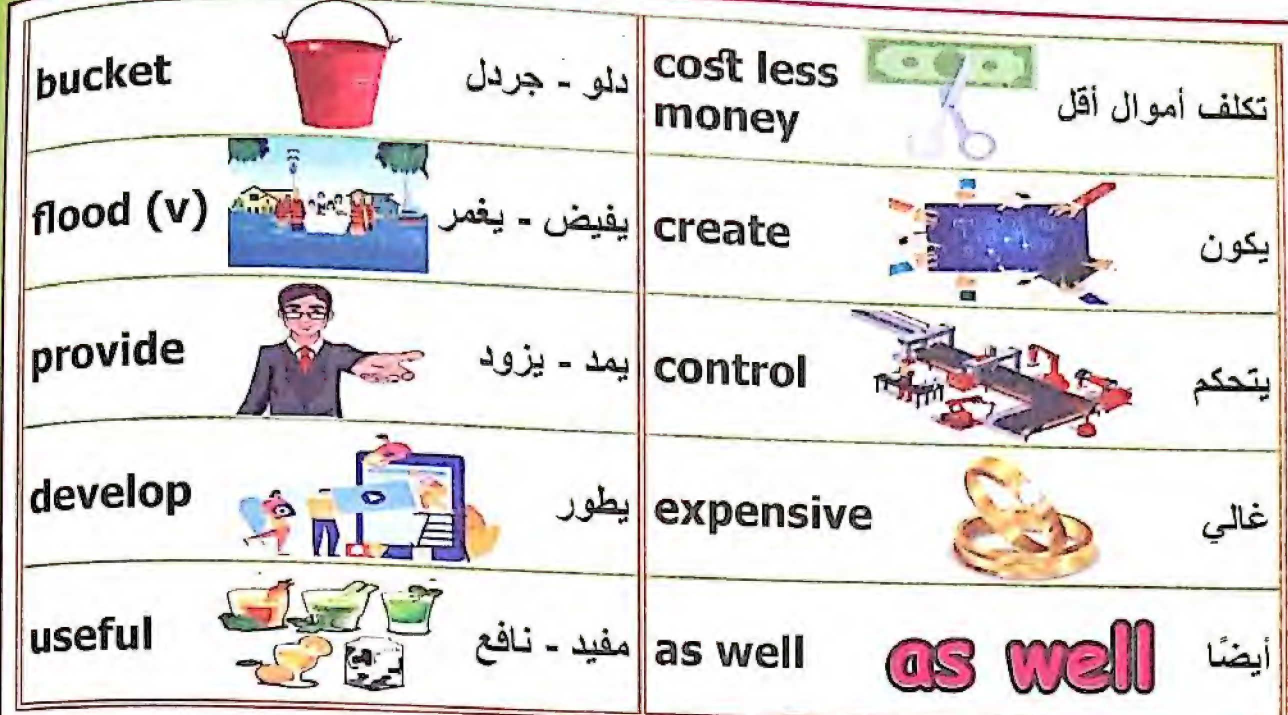
A bad workman blames his tools.



Lesson 5 Pages 84-85

English	Arabic	English	Arabic
water engineering	هندسة المياه	desalination	تحلية المياه
aqueduct	قناة مائية	waterwheel	ساقية
the High Dam	السد العالي	citadel	قلعة
Lake Nasser	بحيرة ناصر	ancient temples	معابد قديمة
turn a turbine	يدير التوربين	hydroelectric power	طاقة كهرومائية
energy	طاقة	gravity	جاذبية

English	Arabic	English	Arabic
machines	آلات	ancient Greece	اليونان القديمة
running water	مياه جارية	ancient Rome	روما القديمة
mountain	جبل	old	قديم
tall tower	برج عالي	monuments	آثار
higher ground	أرض أعلى	oxen	ثيران
lower place	مكان أدنى	the largest	الأضخم
shadoof	الشادوف	electricity	كهرباء



bucket	دلو - جردل	cost less money	تكلف أموال أقل
flood (v)	يفيض - يغمر	create	يكون
provide	يمد - يزود	control	يتحكم
develop	يطور	expensive	غالي
useful	مفيد - نافع	as well	أيضًا

Vocabulary Study

aqueduct	: an artificial channel for carrying water.
the High Dam	: one of the world's largest dams on the Nile River in southern Egypt.
Lake Nasser	: the lake formed after building the High Dam in Aswan.
turbine	: a machine for producing continuous power.
energy	: the strength or power required for physical or mental activity.
desalination	: the process of removing salt from seawater.
waterwheel	: a large wheel driven by flowing water, used to raise water to a higher level.
temple	: a building devoted to the worship.
hydroelectric power	: electricity produced from generators driven by turbines that convert the energy of falling or fast-flowing water into energy.
gravity	: the force that attracts a body toward the center of the earth, or toward any other physical body having mass.
shadoof	: an old device used in Egypt raising water, especially for irrigation.
bucket	: a usually round container with a handle for holding or carrying liquids.
flood (v)	: to cover a place or area with water.
monuments	: statues, buildings, or other structures built very long ago.
oxen	: animals kept for milk or meat; cows or bulls (singular: ox).
create	: to bring (something) into existence.
electricity	: a form of energy.

In the past ....


a waterwheel

Waterwheels used the energy of running water to move machines. The wheel is in a river, and the water makes it go round. The oldest picture of a waterwheel is from Egypt over 2,500 years ago! People have used waterwheels to help with irrigation and drinking water for a long time. They are very important today, too. Fayoum has more than 200 waterwheels.


an aqueduct

People built aqueducts in the past to move water from wells or rivers into cities. The aqueduct of Cairo took water from the Nile to the Citadel of Cairo. The water ran from a well into a canal on top of a wall. Later, people built a tall tower with a well inside it. Water could move up inside the tower with six waterwheels. They used oxen to make the wheels go round. When water got to the top of the tower, it could go down the aqueduct to the citadel because of gravity.

People built aqueducts in ancient Greece and ancient Room as well. They could move water from high up in the mountains, to cities where people needed it.

Today ....

High Dam



The High Dam is famous because it is the largest dam in the world. When the Nile flooded in the past, too much water went onto the land. Now, the dam can control the water and stop flooding. The dam stops the water in the River Nile and makes Lake Nasser. This helps to provide Egypt with enough water. The moving water turns a turbine to make hydroelectric power, so the dam gives us electricity, too. A turbine turns round, just like a wheel does.

When people built the dam, they had to move the ancient monuments at Abu Simbel to higher ground!


desalination

Desalination means taking the salt out of sea water to get fresh water. It is useful in countries like Egypt which don't have a lot of water. It can be expensive and use a lot of energy, but engineers are developing new technologies that use less energy and cost less money. In the future, people will get more fresh water from desalination.





This is a shadoof. It's old. It is used at an oasis in the desert.
It works when a bucket goes into a well and brings up water.



Exercises on Lesson 5

1 Read the following passage and answer the questions:

Waterwheels used the energy of running water to move machines. The wheel is in a river, and the water makes it go round. The oldest picture of a waterwheel is from Egypt over 2,500 years ago! People have used waterwheels to help with irrigation and drinking water for a long time. They are very important today, too. Fayoum has more than 200 waterwheels.

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People built aqueducts in ancient Greece and ancient Room as well. They could move water from high up in the mountains, to cities where people needed it.

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A // Answer the following questions:

1. How old is the oldest waterwheel?
2. How many waterwheels can you see in Fayoum?
3. How many waterwheels were inside the tower for the Cairo aqueduct?
4. Why does water go down from the top of the tower?
5. Why is the Aswan Dam famous?
6. Where did the monuments at Abu Simbel move to?
7. What do we have to take out of sea water?
8. Does desalination use a lot of energy or not very much?

B // Write T (True) or F (False):

1. Waterwheels use water in lakes. ( )
2. Waterwheels can help with irrigation. ( )
3. An aqueduct moves water from a high place to a lower place. ( )
4. The water in an aqueduct runs in a canal under a wall. ( )
5. The Aswan Dam created Lake Nasser. ( )
6. The dam uses moving water to make electricity. ( )
7. Desalination is useful in countries with lots of water. ( )
8. Desalination doesn't cost a lot of money at the moment. ( )

2 Match "A" with "B":

'A'	'B'
1 desalination	a) a lake created by stopping water in a river.
2 aqueduct	b) it turns around like a wheel.
3 waterwheel	c) taking salt out of seawater.
4 toxins	d) a wheel that uses running water to create energy.
5 turbine	e) it carries water long distances.

3 Copy the following sentence:

Health is better than wealth.

____

____









1 Supply the missing parts in the following dialogue: (2Ms)

Amgad : Do you have enough money to buy ice creams?

Fares : ....

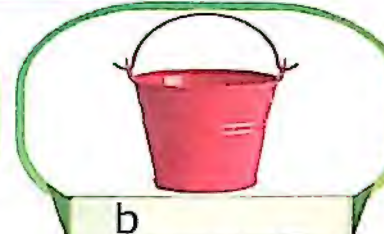
Amgad : How much money do you have?

Fares : ....

2 Supply the missing letters: (6Ms)



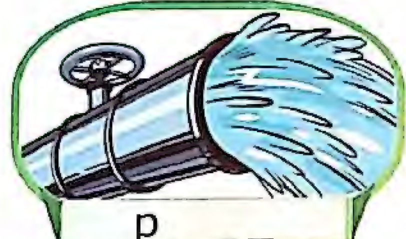
w__________



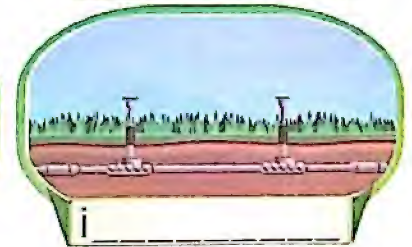
b _ _ _ _ _



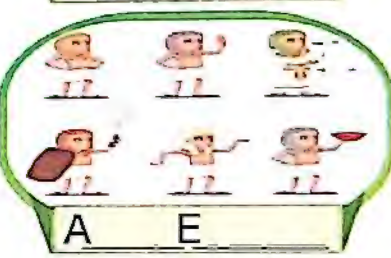
f _ _ _ _



p _ _ _



i__________



A ___ E ____

3 Choose the correct word in brackets: (8Ms)

① The (barrier – Lake Nasser – High Dam) controls the water of the Nile in Egypt.

② There is too (many – much – enough) sand in the sandbag.

③ He's a (volunteer – firefighter – police officer). He works without getting paid.

④ There aren't (too many – too much – enough) chairs for everyone to sit on.

⑤ There are (pipes – barriers – sandbags) under the ground for water to move through.

⑥ There are too (much – many – enough) boys in the room. We can't get in.

⑦ There are (drains – pumps – canals) in the streets for rainwater to go down.

⑧ There (am not – isn't – aren't) enough paper for every pupil.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ There is too much meat. **(plates of meat)**

↳ ....

❷ We need more water for deserts to be green land. **(enough)**

↳ ....

3. His food is full of lots of salt. **(too much)**
   ....

4. I can't give my friends pencils. I don't have many. **(enough)**
   ....

5 Read the following passage and answer the questions below: (4Ms)

My grandmother's father was a farmer. He had a big farm near Benha. He had an old house there. There were lots of animals on his farm. He had four cows. He had six goats and seven sheep. He had two horses. He had lots of chickens and ducks. But he didn't have any buffaloes or donkeys. He and his family were happy.

A Answer the following questions:

1. Where was the farm? ....
2. How many sheep did he have? ....

B Choose the correct answer:

3. Grandmother's family were [**sad – happy – angry**].
4. He had four [**donkeys – buffaloes – cows**].

6 Write a paragraph of four sentences on: (4Ms)

"The Shadoof"

Ideas to help you:

- What's it?
- Is it new or old?
- Where is it used?
- How does it work?

....

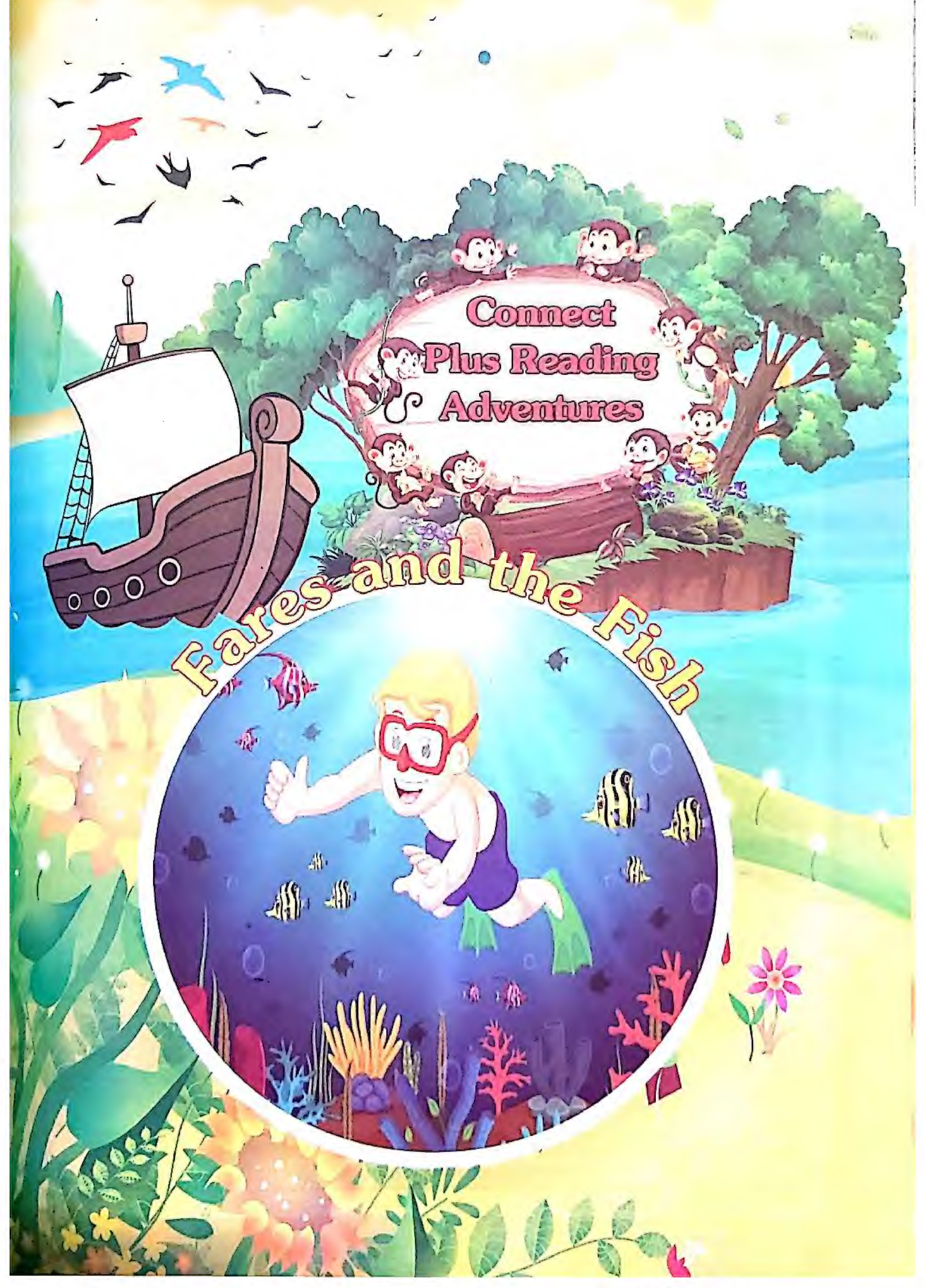
....

....

....

7 Copy the following sentence: (2Ms)

A good beginning makes a good end.


Connect
Plus Reading
Adventures
Fares and the Fish

Fares and the Fish

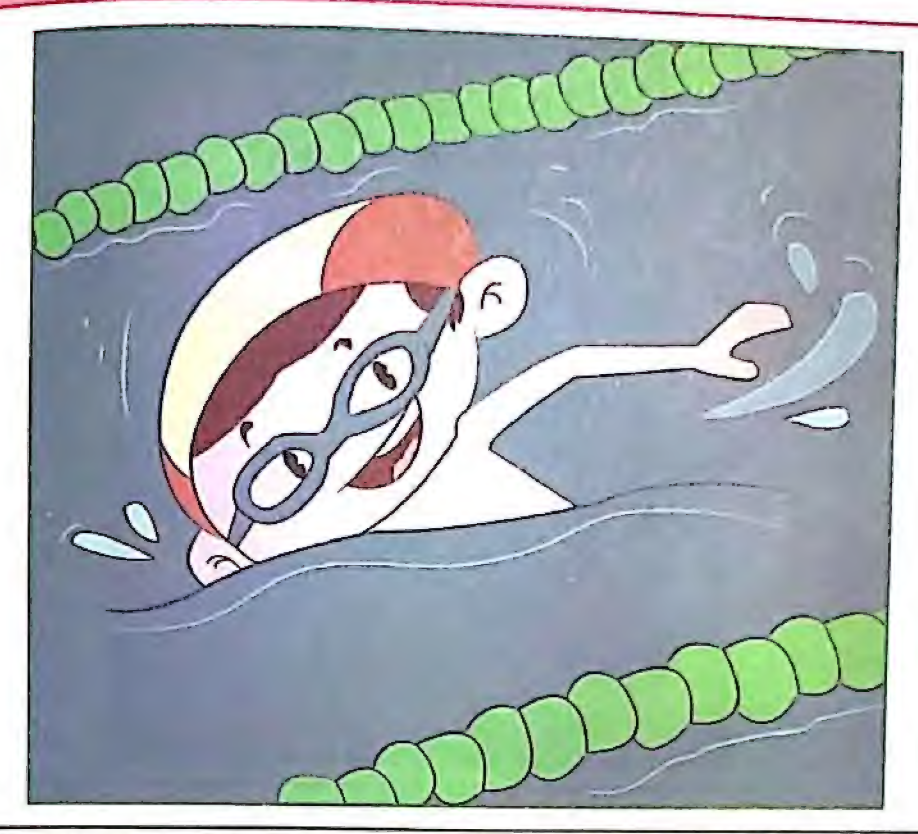
Main Vocabulary

broken	مكسور	ramp	منحدر
bone	عظمة	surprise	مفاجأة
cast	جبيرة	later	فيما بعد
call an ambulance	يستدعي الإسعاف	so sad	حزين جدًا
had an x-ray	أجرى أشعة إكس	rude	فظ - غير مهذب
hospital	مستشفى	comic	مجلة بها قصص هزلية
lay down	رقد	garage	جراج
hurt	كانت تؤلمه	Be careful!	كن حريص.
stupid accident	حادثة غبية	rested	استراح
breathe	يتنفس	worried	قلقان - منزعج
mask	قناع	So do I!	هيا نذهب للبيت.

sports center	مركز رياضي	competition	مسابقة
athlete	لاعب ألعاب قوى	helmet	خوذه
skateboard	لوح تزلج	knee pads	واقي الركبة
skateboarding	رياضة التزلج	pool	حمام سباحة
cycle	يركب دراجته	snorkel	انبوب الغطس
train	يتمرن - يتدرب	fish tank	حوض سمك

close to	بالقرب من	looks fun	تبدو ممتعة
put on	يلبس	try	يجرب
apologize to	يعتذر لِ	push	يدفع
came back	عاد - رجع	fell	سقط
go down	ينزل	won't be able to	لن يكون قادرًا على
Go away!	اذهبوا بعيدًا.	slipped	انزلق
got his bike out	أخرج دراجته	pack	يحزم - يجهز الحقائب
went out	خرج	borrow	يستعير - يستلف

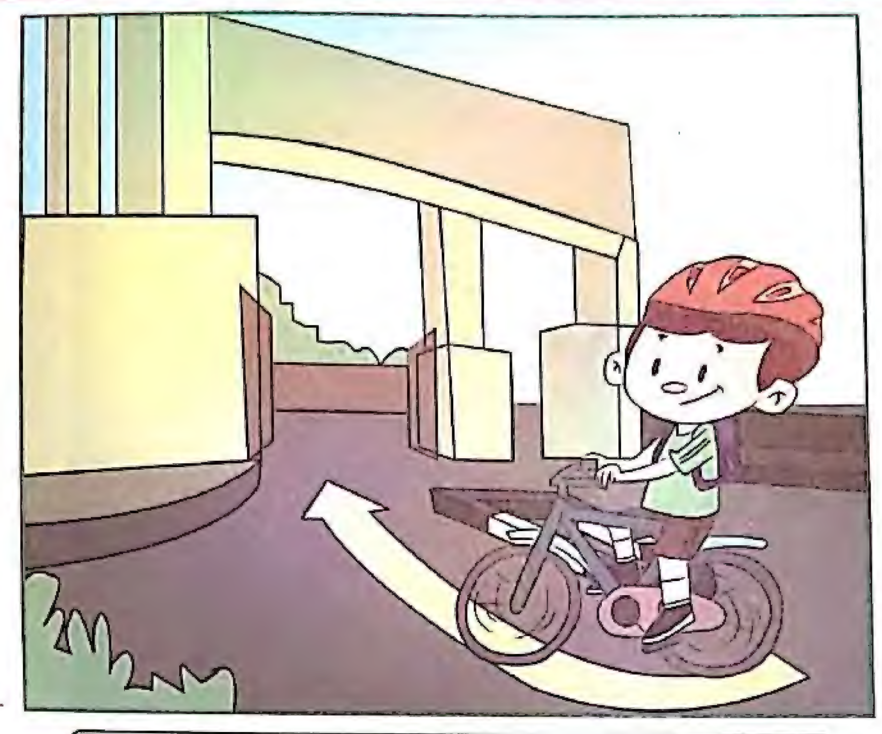
ambulance	: An ambulance takes people to hospital.
cast	: You wear a cast if you break a bone.
fish tank	: People can keep fish in a fish tank.
mask	: A mask helps you see when you are swimming underwater.
ramp	: How high is the ramp?
skateboard	: I can go really fast on my new skateboard!
snorkel	: You can breathe underwater with a snorkel.



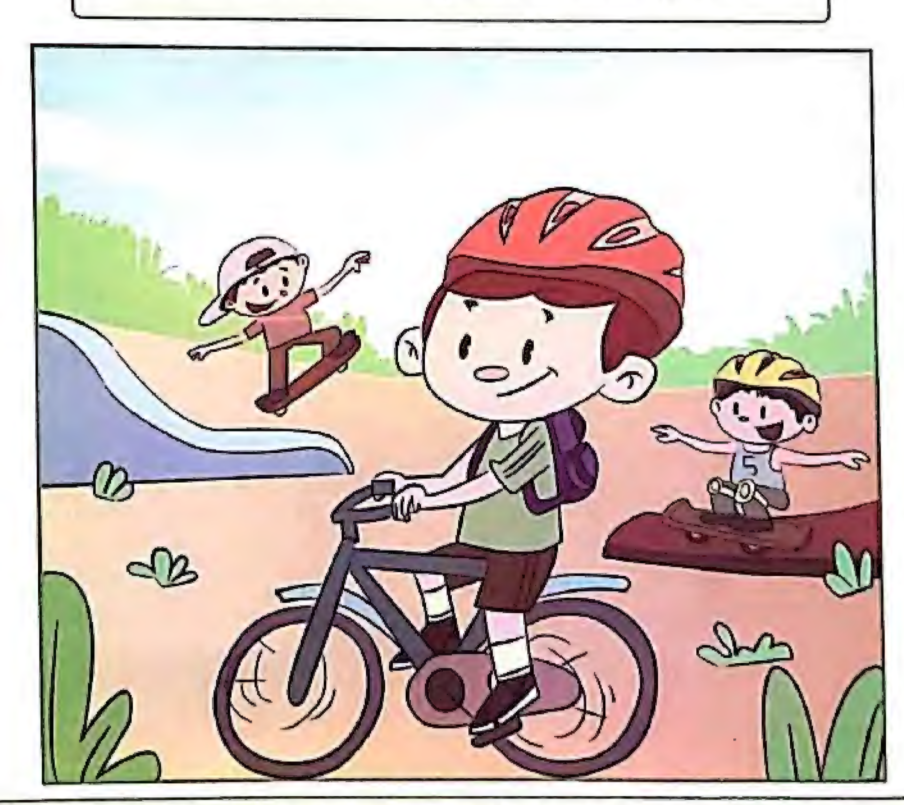
Fares lives in Hurghada with his family. He loved swimming. He went swimming every day and trained in the pool for an hour. He wanted to be an athlete and to win lots of competitions.



Fares and his family lived close to the sports center. Sometimes he walked to the pool with his mom or dad.



Sometimes he cycled to the pool.

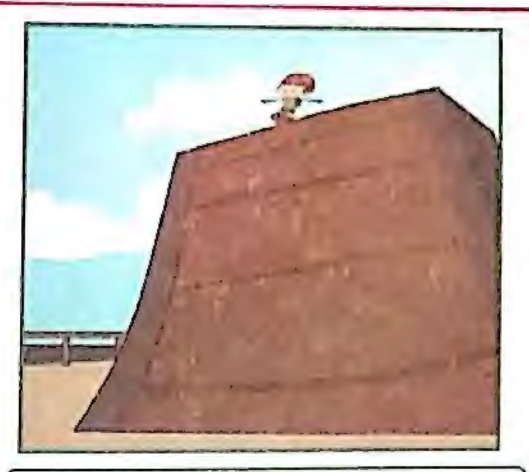


One day, Fares got his bike out of the garage so he could cycle to the sports center. 'Have you got your cycle helmet, Fares?' asked his mom.
'Yes Mom, of course,' said Fares, putting on his helmet. 'See you soon!'
Fares cycled through the park. It was a sunny morning and he left happy.

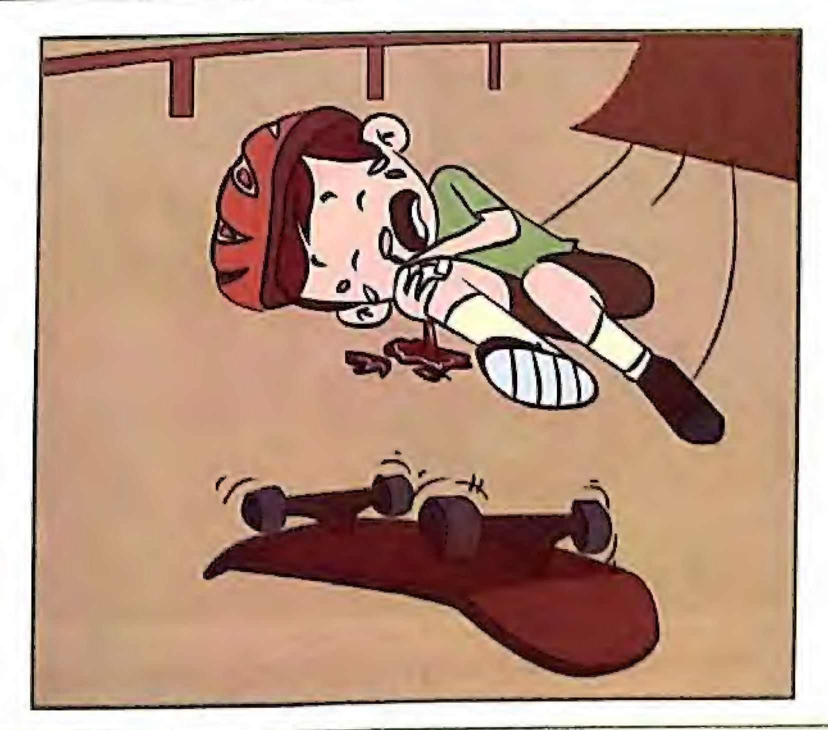




In the park, Fares saw his friends. They were on their skateboards.
'Be careful, Adam,' said Fares. 'Why aren't you wearing a helmet or knee pads?' 'I don't need to,' said Adam. 'I'm really good at skateboarding.'
'I haven't tried skateboarding before,' said Fares. 'It looks fun!'
'Do you want to try?' asked Adam. 'Yes please!' said Fares.



Fares stood at the top of the ramp. 'How high is it?' he asked Adam. 'I don't know,' said Adam. 'It isn't very high. It's easy!'



Fares stood on the skateboard and pushed with his feet. He went quickly down the ramp – but he was too fast! Fares slipped and fell.



'Are you OK?' asked Adam. He was worried. 'No, said Fares. 'My leg hurts.'
'Can you move it?' asked Adam.
'No, I can't,' said Fares.



'It might be broken,' said Adam. 'I'm going to call your mom, and then I'm going to call an ambulance.'
'Oh no,' said Fares. 'I won't be able to swim!'



At the hospital, Fares had an x-ray. 'I'm sorry,' said the doctor. 'Your leg is broken. Look at this.'
Fares saw his bone on the photo. 'You will have to wear a cast for about six weeks,' said the doctor. Fares was very sad.

Story



At home, Fares lay down on his bed. He was angry and sad, and his leg hurt.
Do you want to come and watch TV, Fares?' asked his sister Dalia. 'No,' said Fares.
Do you want to borrow my comic, Fares?' asked his little brother Wael. 'No,' said Fares. 'Go away.'



Later that evening, Fares apologized to his family. 'I'm sorry I was rude,' he said. 'I know you are trying to help me. I'm angry and sad because I had a stupid accident, and now I can't swim.' 'Don't worry, Fares,' said Mom. 'We understand. Let's watch a movie together,' 'Thank you,' said Fares.



They watched a movie and then the children went to bed. But Fares' mom and dad were worried. Fares was usually happy and kind.
'I don't like seeing Fares so sad,' said Dad. 'What can we do?' asked mom. 'he wants to swim, but he can't.'



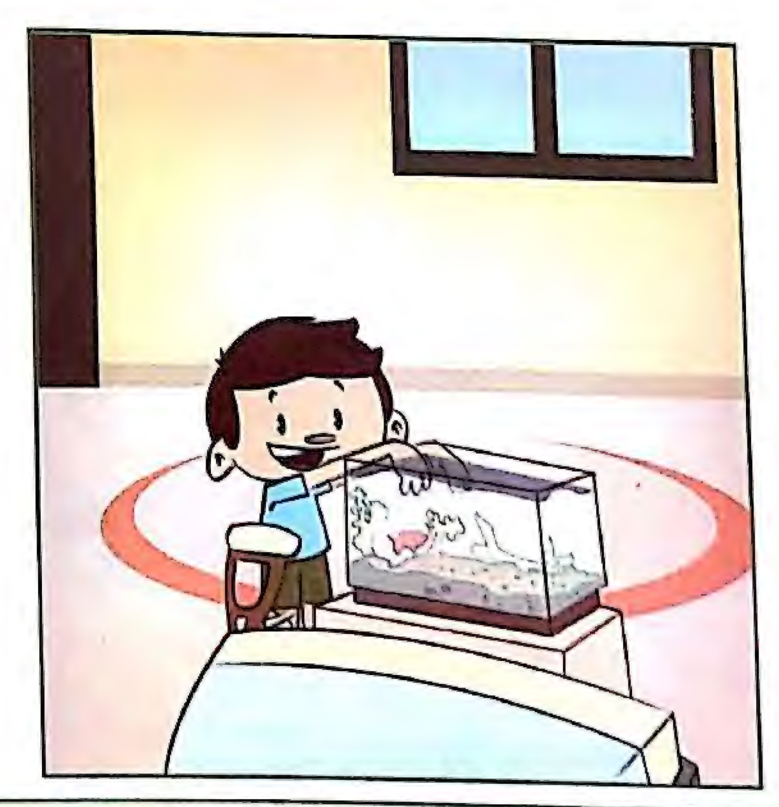
The next day, Dad and Dalia went out early. When they came back, they had lots of boxes.
They took the boxes into the kitchen. 'What are you doing?' asked Mom. 'It's a surprise,' said Dalia.



Later, Dad went to see Fares. "Fares, look at this,' he said.
He carried a large fish tank into the room and put it on the table at the end of the bed. Fares looked. He could see lots of beautiful fish.



'They're beautiful!' he said. 'Thank you!' "How many fish can you see?' asked Wael. 'I can see lots of fish! There are too many to count! I love them!' Fares was very happy.



Fares enjoyed watching the fish. He learned the names of the different types of fish. He fed them and kept their water clean.
Fares was happy and he rested. Slowly, his le got better.
'Soon I'll be able to swim, like you,' he said to his fish.





After two months, Fares was better. He didn't have to wear the cast, and he could walk and run.
'Let's go to the beach!' said his mom. The family packed their things for a day at the beach. 'I want to swim in the sea!' said Wael. 'So do I!' said Fares.

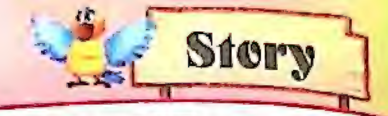
At the beach, Dad had another surprise. Put on this mask and snorkel, Fares,' he said. You can swim and breathe underwater.'
Fares went into the sea, and he looked under the water. He could see lots of fish!
It's so beautiful, I want to swim like a fish!' he laughed.

(1) Read and circle T (true) or F (false):

① Fares went swimming every day. ………………
② Fares always went to the sports center by car. ………………
③ Fares wanted to try skateboarding. ………………
④ Adam phoned an ambulance. ………………
⑤ Fares was happy when he had to wear a cast. ………………
⑥ Dalia and Wael were kind to Fares. ………………
⑦ Dad and Dalia had a surprise for Fares. ………………
⑧ Fares counted all the fish. ………………

(2) Read and match:

❶ Fares wanted to be	a) too quickly.
❷ Fares always wore	b) a cast in his leg.
❸ Fares went down the ramp	c) a cycle helmet when he rode his bike.
❹ Fares couldn't	d) an x-ray.
❺ The doctor showed Fares	e) move his leg.
❻ Fares has to wear	f) an athlete.



(3) Who says it? Read and write (Adam, Fares, Dalia or Wael):

❶ 'I'm really good at skateboarding.' ....

❷ 'It isn't very high.' ....

❸ 'I won't be able to swim!' ....

❹ Do you want to come and watch TV?' ....

❺ 'It's a surprise.' ....

❻ 'How many fish can you see?' ....

(4) Read and answer:

❶ Why was Fares angry and sad?

....

❷ How did Dalia and Wael try to help Fares?

....

❸ Was Fares kind to them?

....

❹ What did Fares say to his family later that evening? Why?

....

(5) Read and answer:

① Where did the family go when Fares was better?

....

② What did they want to do there?

....

③ What did Fares' dad give Fares? Why?

....

④ What did Fares see in the water?

....

⑤ How do you think Fares felt?

(6) Imagine you are Fares. Write a letter to Adam telling him what happened after the accident. Remember to say thank you to Adam for helping you.

....

....

....

....

(7) Read and match:

1. Fares walked or cycled to the sports center every day. ☐
2. Fares' friends are in the park. ☐
3. Fares had an accident. His friend calls an ambulance. ☐
4. Fares feels sad and angry. He has to wear a cast. ☐
5. Fares is happy. He likes his new fish tank. ☐
6. Fares can swim and breathe under water. ☐

a b c d e f

(8) Read and write the names:

Adam – Dad – Mom – Dalia – Fares – Wael

1) 'Have you got your cycle helmet, Fares?' ....
2) 'It might be broken. I'm going to call your mom ...'............
3) 'Do you want to come and watch TV, Fares?' ....
4) 'I'm sorry I was rude.' ....
5) 'How many fish can you see?' ....
6) 'Put on this mask and snorkel, Fares.' ....

(9) Read and number:

- ☐ At the beach, Dad has a surprise.
- ☐ Now Fares could swim and breathe under water.
- ☐ When Fares was better, the family went to the beach.
- ☐ Fares went into the sea and he saw lots of beautiful fish!
- ☐ Dad gave Fares a mask and a snorkel.
- ☐ Wael and Fares were excited. They wanted to swim in the sea!

(10) Read and write the names:

the beach – feeling better – lots of fish – knee pads – can swim – broke your leg

To:
Subject:

Dear Fares
I hope you are **1** .... now. I am sorry you had an accident and **2** .... Next time I go skateboarding, I will wear a helmet and **3** .... Did you enjoy your day at **4** ....? I'm glad you **5** .... again. I hope you saw **6** .... under water.
See you soon.
Adam

(11) Read and write (Yes) or (No):

① Fares couldn't swim, or cycle. He was sad. ....
② Dad bought Fares a fish tank and some fish. ....
③ Fares didn't like the fish. He was unhappy. ....
④ Fares' leg got better. He didn't have to wear a cast. ....
⑤ Fares and his family all went to the pool. ....
⑥ Wael and Dalia wore a snorkel and mask, then swam. ....
⑦ Fares saw lots of fish in the water. ....

(12) Find, circle and write the names:

Adam – Dad – Dalia – Fares – Wael

1. .... tried skateboarding. He slipped and fell.
2. .... phoned an ambulance.
3. .... was sad that he had to wear a cast.
4. .... and .... tried to help Fares and were kind to him.
5. .... and .... had a surprise for Fares.
6. .... fed the fish and learned their names.

(13) Read and order:

1. an – **Fares** – wanted – athlete – to be.

   ....

2. **Fares** – cycle helmet – wore – always – a.

   ....

3. the ramp – quickly – went down – **Fares** – too.

   ....

4. his – **Fares** – move – leg – couldn't.

   ....

5. an x-ray – showed – **The** – him – doctor.

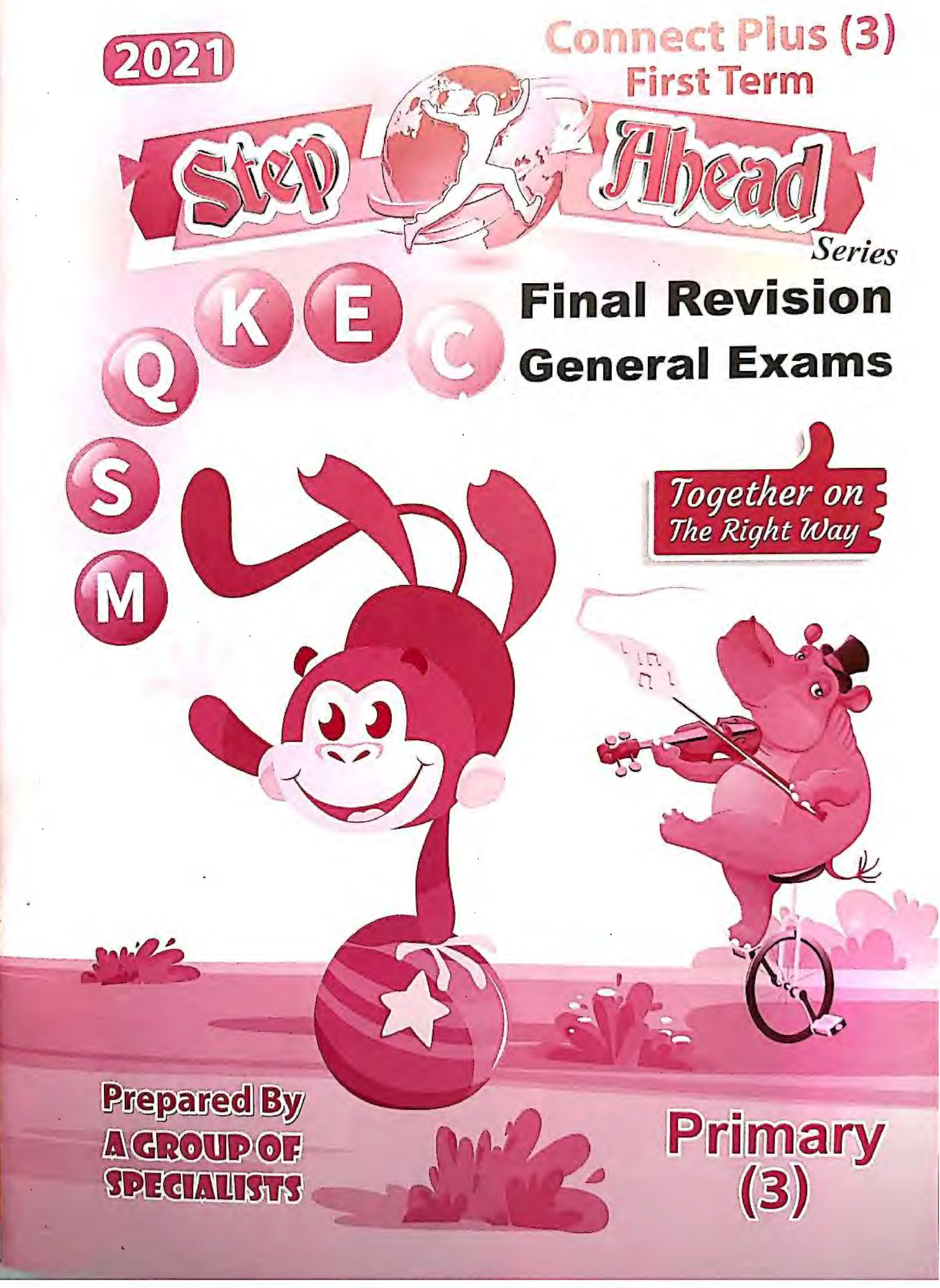
   ....

6. a cast – wear – **Fares** – his leg – had to – on.

   ....

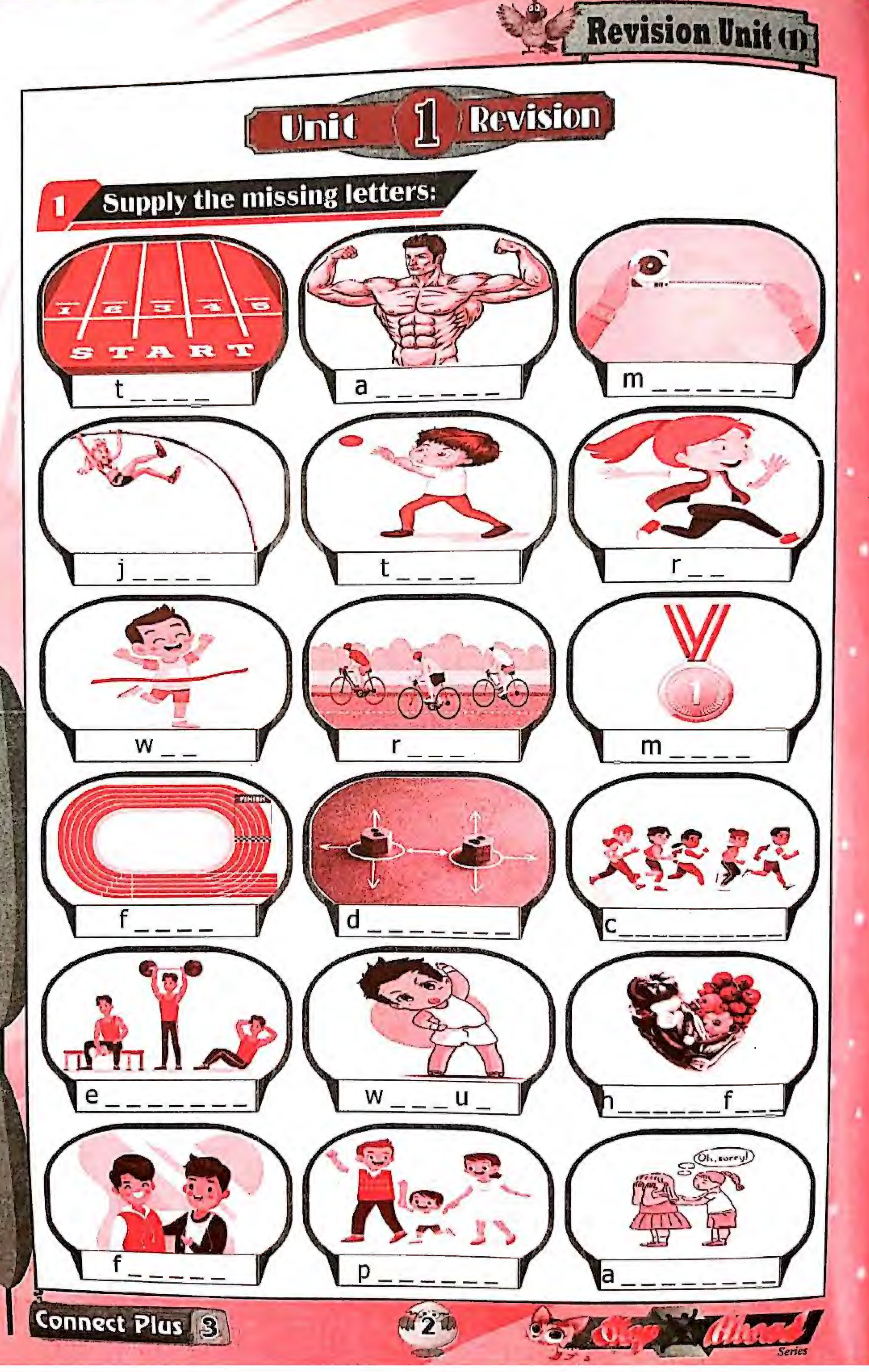
(14) Read and choose:

1. Why was Fares angry and sad?
   - a. **Because he couldn't swim.**
   - b. **Because he didn't have a skateboard.**
2. What did Wael and Dalia do?
   - a. **They watched TV.**
   - b. **They tried to help Fares.**
3. What did Mom say when Fares apologized.
   - a. **'You were rude. And now I'm angry.'**
   - b. **'Don't worry. Let's watch a movie together.'**


2021
Connect Plus (3)
First Term
Step Ahead
Series
Final Revision
General Exams
Together on
The Right Way
Prepared By
A GROUP OF
SPECIALISTS
Primary
(3)

Unit 1 Revision

1 Supply the missing letters:



Revision Unit (1)

s _ _	h _ _ _ _	s _ _ _ _ _
s _ _ _ _ _ _ _ _	c _ _ _	c _ _ _ _ _ _ _
s _ _ _ _	b _ _ _ _ _ _	f _ _ _ _ _ _ _ _ _ _
s _ _ _ _	n _ _ _ _ _ _ _ t _ _ _	c _ _
c _ _ _ _ _ _ _	p _ _ _ _ _ _ _ _	h _ _ _ _
m _ _	f _ _ _ _ _	m _ _ _ _ _



2 Choose the correct word(s): Vocabulary

1. He made a new world (map – country – record) when he won the race.
2. There is a (athlete – track – event) around the field for running.
3. We (worry – support – warm up) before playing the match.
4. The (second – hour – day) is smaller than the minute.
5. He is a good (medal – sport – athlete). He wants to win the first medal.
6. (Tests – Exercise – Exams) helps you to get fit.
7. He ran very fast in the last (race – field – track).
8. How (far – fast – old) can she jump? - She can jump three meters.
9. She got a (medal – competition – race) in the last race.
10. You should (support – throw – shout) your friend when he has a problem.
11. Lots of athletes will (compete – measure – talk) and the fastest will win.
12. She is a good (footballer – runner – cyclist). She likes riding bikes.
13. The first athlete will (measure – compete – win) a medal.
14. How (high – far – fast) can you run? - I can run 200 meters in 30 seconds.
15. Athletes (train – sleep – draw) hard to win races.
16. The (centimeter – kilometer – millimeter) is bigger than a meter.
17. You should eat (unhealthy – healthy – fast) food.
18. This (distance – athlete – medal) is very long. Can you jump?
19. She (throws – measures – jumps) how high she can jump.
20. Doing exercise helps you to get (up – fat – fit).
21. How (fast – old – high) can he jump? - He can jump two meters.
22. It was a great (challenge – medal – cup) to break the world record.

3 Choose the correct word(s): Structures

1. I think he (won – wins – will win) the next competition.
2. Will he (comes – come – came) to the party?
3. She (will – won't – is) eat her sandwich. She isn't hungry.
4. It (will – won't – is) be easy to win today. It will be difficult.
5. Will you wear a blue T-shirt? - Yes, I (won't – do – will).
6. Will you break the record? - No, I (will – won't – am).
7. I think she will (gets – getting – get) a medal.



8. The event (was – be – will be) amazing tomorrow.
9. (Did – Will – Is) he win a medal? - Yes, he will.
10. The winner (are – will – won't) get a medal.

4 Choose the correct word(s): Adjectives

1. Was Huda (fast – faster – the fastest) than Manar?
2. Amgad jumps the (high – higher – highest) in the competition.
3. Ayman is (slow – slower than – the slowest) Ahmed.
4. Dina is (fast – faster – the fastest) girl in the class.
5. Walid jumped (the highest – high – higher). He came first.
6. Ola jumped (farther – farthest – far) than Hadeer.
7. Was Nesma (faster – fast – the fastest) than Hagar?
8. Ali jumped (the farthest – far – farther) of his friends.

5 Choose the correct word(s): Structures

1. Amir is a good runner (so – but) I think he will win the race.
2. Mariam likes running (because – and) doing the high jump.
3. Wael came second this year (and – so) he'll try harder next year.
4. I don't like throwing the ball (or – but) jumping. I like running.
5. Dalia ran the race (and – but) she didn't win a medal.
6. I like helping Khalil (because – so) he's my friend.

6 Read and check (✓) or cross (✗):

1. If you **make fun** of someone, you are a good friend. (   )
2. When you **warm up**, you get ready to do exercise. (   )
3. It's a good idea to **skip breakfast**. (   )
4. When you **apologize**, you say sorry to someone. (   )
5. You shouldn't tell your friend's **secrets** to other people. (   )

7 Read and order:

1. can – she – far – jump – how?

☞ .... ?

2. run – he – how – can – fast?

☞ .... ?

3. the – far – she – ball – how – throw – can?

☞ .... ?

4. he – jump – can – high – how?

☞ .... ?

8 Write sentences showing your rules for being a good friend:

spread rumors – make fun of – listen – tell secrets – pressure someone – support – have fun – apologize

How to be a good friend

Good friends never	Good friends should ....
....	....
....	....
....	....
....	....

9 Circle the different (c) sound:

1. camel city color
2. crocodile club ice
3. space cake distance
4. computer clothes race

10 Read and tick:

1. Which is longer?	hour	☐	minute	☐
2. Which is shorter?	meter	☐	centimeter	☐
3. Which is longer?	kilometer	☐	meter	☐
4. Which is shorter?	minute	☐	second	☐

11 Rewrite the following sentences using the words in brackets:

1. No, I won't make fun of my friend. **(Will)**
   ☞ ....
2. She can run 160 meters in 50 seconds. **(How)**
   ☞ ....
3. Ziad can jump far. Samy can jump very far. **(than)**
   ☞ ....
4. It will be difficult to win today. **(easy)**
   ☞ ....
5. I like high jump and long jump. **(don't like)**
   ☞ ....
6. No, he won't play tennis. **(Will)**
   ☞ ....
7. Will he be happy? **(Yes, ...)**
   ☞ ....
8. He can jump four meters. **(How far)**
   ☞ ....
9. He went to bed late. He was late for school. **(so) (because)**
   ☞ ....
10. He's wearing a red T-shirt. **(tomorrow)**
    ☞ ....
11. Cycling is her favorite sport. She is not a fast cyclist. **(but)**
    ☞ ....
12. She can run 100 meters in 55 seconds. **(How fast)**
    ☞ ....
13. He isn't good at football or tennis. **(is good)**
    ☞ ....
14. Will you compete in the sports event? **(No, ...)**
    ☞ ....
15. The winner won't be sad. **(happy)**
    ☞ ....
16. He's training hard so he will win the competition. **(because)**
    ☞ ....
17. What will you do tomorrow? **(I ....)**
    ☞ ....





1 Supply the missing parts in the following dialogue: (2Ms)

Sameh : Where will you go tomorrow?
Hazem : ....
Sameh : .... ?
Hazem : Yes, I will meet my friends there.

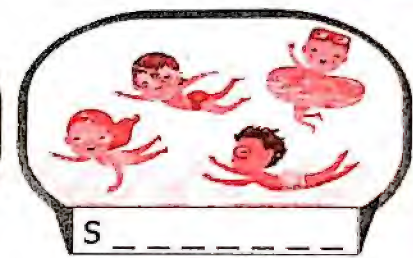
2 Supply the missing letters: (6Ms)



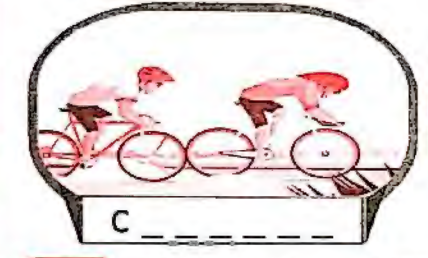
t _ _ _ _



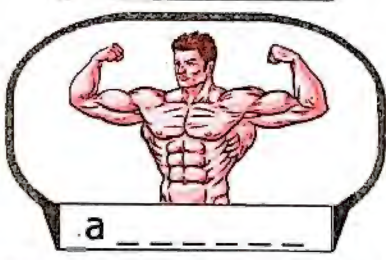
a _ _ _ _ _ _ _ _



s _ _ _ _ _ _ _



c _ _ _ _ _ _



a _ _ _ _ _ _



w _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① She (will – aren't – won't) be sad after the race. She will be happy.
② Fady jumped (high – higher – the highest) than Ramy.
③ Amir was in a race last month (but – because – so) he didn't win.
④ Who is the (slow – slower – slowest) girl?
⑤ She wants to come first (so – because – but) she trains hard.
⑥ I think she (wins – will win – won) the race next month.
⑦ How (high – fast – often) does he go to the club? - Two times a week.
⑧ Will he (run – runs – running) fast in the race?

4 Rewrite the following sentences doing as shown: (4Ms)

❶ He got a medal. (tomorrow)
↳ ....

❷ She trains every day. She wants to win a medal. (because)
↳ ....





3. I like basketball and handball. **(don't like)**
   ....
4. Yes, she will throw the ball. **(Will)**
   ....

5 Read the following passage and answer the questions below: (4Ms)

Hi, I'm Fares and this is Tarek. Tarek is an athlete so he does a lot of exercise. He wants to compete in the school long jump competition. This is his best event and he wants to win a medal. He competed last year but he didn't win a medal. He didn't come first or second. He came third so he knows he has to try harder his year. He comes to the track three times a week. I go with him because I'm his friend. I warm up with him and I measure the distance he jumps. He jumped his farthest distance this week so I think he will win the competition.

A Answer the following questions:

1. What does Tarek want to compete in? ....
2. What does Tarek's friend do? ....

B Choose the correct answer:

3. Last year, Tarek came **(first – second – third)** in the competition.
4. Tarek comes to the track **(three – four – five)** times a week.

6 Write a paragraph of four sentences on: (4Ms)

""Football""

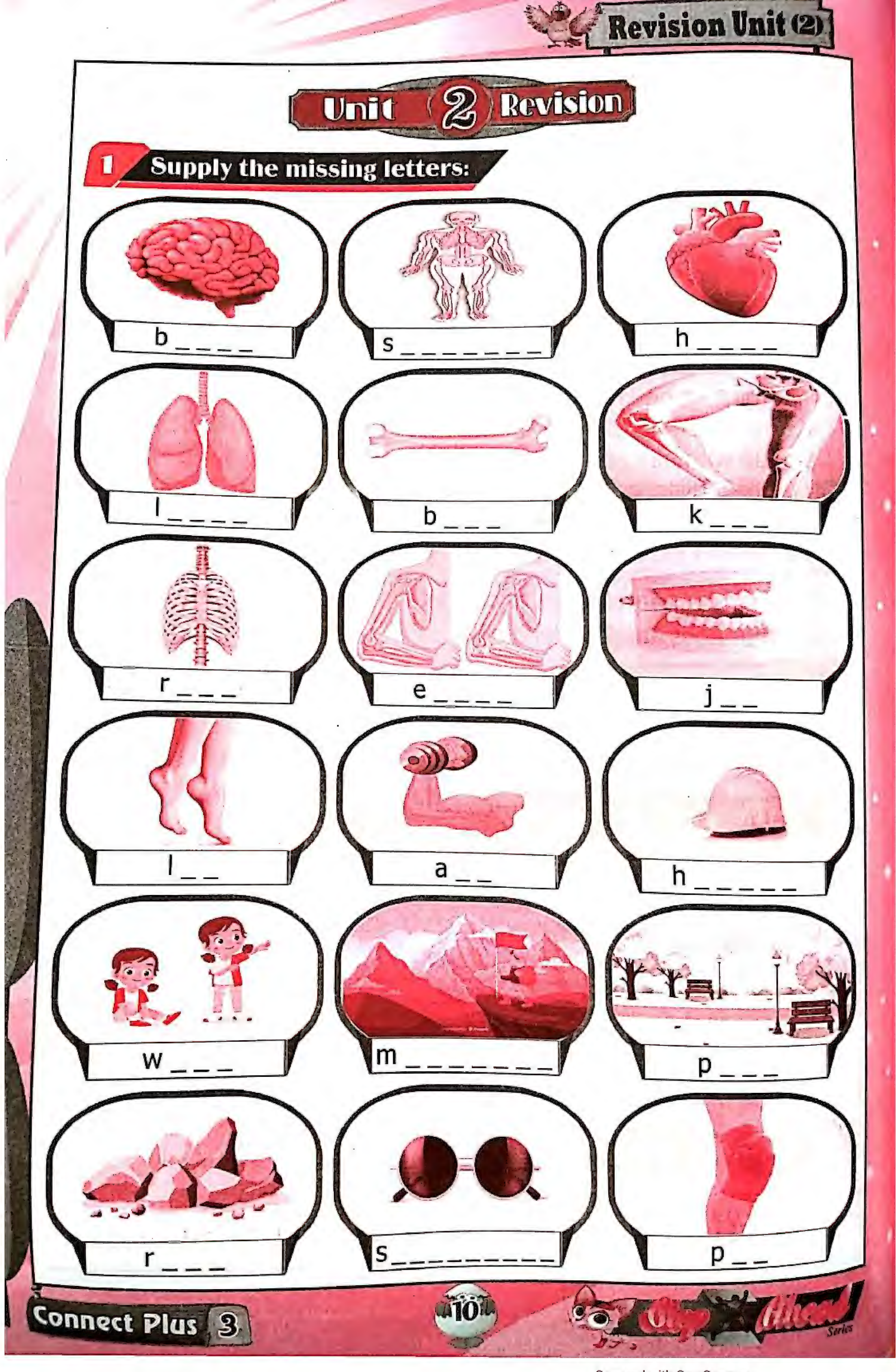
Ideas to help you:

hobby – football – every week – club – with friends – at school – famous player

....
....
....

7 Copy the following sentence: (2Ms)

If you're late, then wait at the gate.



Revision Unit (2)
Unit 2 Revision
1 Supply the missing letters:
b _ _ _ _
s _ _ _ _ _ _ _
h _ _ _ _
l _ _ _ _
b _ _ _
k _ _ _
r _ _ _
e _ _ _ _
j _ _
l _ _
a _ _
h _ _ _ _ _
w _ _ _
m _ _ _ _ _ _ _
p _ _ _
r _ _ _
s _ _ _ _ _ _ _ _ _
p _ _
Connect Plus 3
10
Step Ahead Series



Revision Unit (2)
c _ _ _ _
t _ _ _ _
c _ _ _ _
r _ _ _ _ _ _
h _ _ _ _ _
f _ _ _ _
v _ _ _ _ _ _ _ _ _
c _ _ _ _
Soda
Soda
s _ _ _
BREAKFAST
b _ _ _ _ _ _ _ _
l _ _ _ _
d _ _ _ _ _
c _ _
j _ _ _ _
s _ _ _ _
a _ _ _ _
s _ _ _
g _ _ _ _
s _ _ _ _ _ _ _ _
h _ _
c _ _ _
ii
Connect Plus 3

t _ _

m _ _ _ _ _ _

b _ _ _ _ _ _

w _ _ _ _ _ _ _

w _ _ _

f _ _ _

b _ _ _

s _ _ _ _ _ _ _

m _ _ _ _ _

t _ _ _ _

t _ _ _ _ _

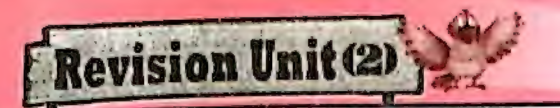
m _ _ _

2 Choose the correct word(s): Vocabulary

1. Our (muscles – skeleton) help us move our bones.
2. (Bones – Skin) protect the soft organs inside our bodies.
3. The (lungs – heart) moves blood around the body.
4. Blood carries (stomach acid – oxygen and nutrients) around the body.
5. Our (teeth – skin) protects us from dirt, germs and the sun.
6. (Water – Oxygen) is added to the blood in our lungs.
7. (Arteries – Veins) carry blood with a lot of oxygen around the body.
8. Our (skull – jaw) protects our brain and eyes.
9. We need (veins – nutrients) to help us grow.
10. Your heart moves (vessels – blood) around your body.







3 Choose the correct word(s): Structures

1. She (am – is – are) going to help with the housework.
2. We (am – is – are) going to visit our grandma.
3. I (am – is – are) going to read a story.
4. You (am – is – are) going to carry the box with me.
5. He (am – is – are) going to buy a new bike.
6. They (am – is – are) going to go for a walk.
7. She's (go – goes – going) to paint a picture.
8. He's (go – going – goes) to climb the rock.
9. They are going to (go – goes – going) swimming.
10. Are they going to (wear – wears – wearing) their pads?
11. (Is – Has – Does) she going to drink juice or soda?
12. I (never – usually – always) eat in the morning. I love breakfast.
13. Muscles are attached (at – to – for) bones.
14. Is she going to play tennis? - No, she (doesn't – is – isn't).
15. She isn't going to (go – goes – going) to the park.
16. Hani (wears – wore – is going to wear) his white T-shirt tomorrow.
17. (Are – Have – Do) you going to wear your helmet?

4 Complete the sentences using the following words:

saliva – tongue – arteries – skin – muscles – heart – stomach – skull – lungs – skeleton

1. The .... moves blood around the body.
2. Our .... is our biggest organ.
3. In the ...., oxygen is added to the blood.
4. Blood with a lot of oxygen in it travels around the body in ....
5. We need .... to move our bones.
6. Our .... is all the bones in our body that keep us strong and help us move.
7. Our .... protects our brain and our eyes.

8. We need .... to help us chew.
9. We break down food in our ....
10. We chew food using our teeth, ... and jaw.

5 Match "A" with "B":

'A'	'B'
1 Stomach acid	a) the sun, as well as dirt and germs.
2 Our skin protects us from	b) oxygen and nutrients around the body.
3 Bones are hard, and they protect	c) breaks down food in our stomach.
4 Blood carries	d) soft organs such our heart and lungs.
5 There isn't a lot of oxygen	e) chew food, to move our jaw.
6 We use muscles when we	f) in our veins, because it is used in the body.

6 Read and complete:

Arteries – blood – blood vessels – nutrients – Veins

1. .... carry blood from the body to the heart.
2. .... carries oxygen and nutrients around your body.
3. We need .... to help our bodies grow.
4. .... carry blood away from the heart to the body.
5. Veins and arteries are types of ....

7 Read and circle:

1. Blood is a (**gas** – **liquid**).
2. Oxygen is a (**gas** – **liquid**).
3. Veins carry blood (**with** – **without**) oxygen.
4. Arteries carry blood (**with** – **without**) oxygen.





8 Write in the correct table:

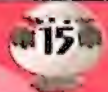
foot – room – tool – good – root – wood

Long 'oo' sound	Short 'oo' sound
❶	❶ ....
❷	❷ ....
❸	❸ ....

9 Rewrite the following sentences using the words in brackets:

1. Yes, he's going to ride a horse. **(Is)**
   ☞ ....
2. What are you going to do next Friday? **(I .....)**
   ☞ ....
3. Are they going to drink soda? **(No, ...)**
   ☞ ....
4. We're going to do exercise after school. **(not)**
   ☞ ....
5. She plays with her friends. **(tomorrow)**
   ☞ ....
6. No, I'm not going to watch TV. **(Are)**
   ☞ ....
7. Are you going to have fish for dinner? **(No, ...)**
   ☞ ....
8. Is she going to wear pads? **(Yes, ...)**
   ☞ ....
9. Does he help at home? **(going to)**
   ☞ ....
10. We go to Alexandria every year. **(next week)**
    ☞ ....









1 Supply the missing parts in the following dialogue: (2Ms)

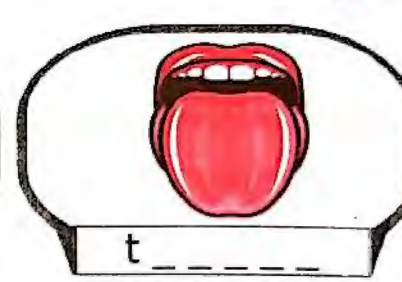
Hazem : Are you going to go to the park at the weekend?
Zeiad : ....
Hazem : .... ?
Zeiad : I'm going to ride my bike there.

2 Supply the missing letters: (6Ms)

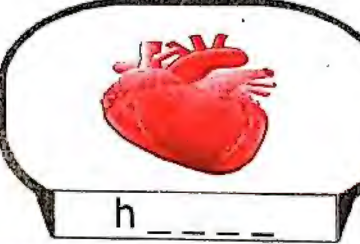

s _ _ _ _ _ _ _

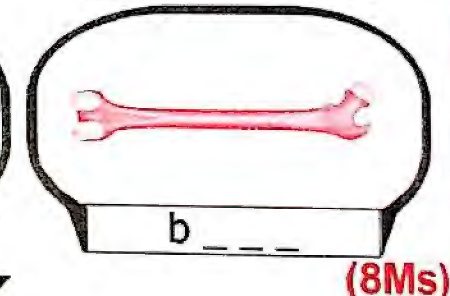


s _ _ _ _ _ _ _ _


t _ _ _ _ _


k _ _ _


h _ _ _ _


b _ _ _

3 Choose the correct word in brackets: (8Ms)

1. We are (go – goes – going) to go to the park after school.
2. (Is – Has – Does) she going to go to bed early?
3. Your (lungs – brain – vein) controls all your body.
4. She (buy – is going to buy – buys) a new mobile next week.
5. Is he going to (climb – climbs – climbing) the mountain?
6. I (never – usually – always) draw pictures. I don't like drawing.
7. You should go to bed because you are very (positive – relaxed – tired).
8. Are they going to (has – have – had) cheese for breakfast?

4 Rewrite the following sentences doing as shown: (4Ms)

1. We ride our bikes on Friday. **(going to)**
   ....
2. He's going to go to the club. **(not)**
   ....

3. Yes, she's going to wear her sunglasses. **(Is)**

....

4. What are you going to do tomorrow? **(I ......)**

....

Read the following passage and answer the questions below: (4Ms)

Tomorrow is a holiday. Fady is going to ride his bicycle in the morning. He's going to go the shops near his house to buy some things for his mother in the afternoon. His sister Farida is going to clean her bedroom in the morning. She's going to help her mum in the afternoon. In the evening, they are going to watch TV.

A Answer the following questions:

1. What's Fady going to do in the morning? ....
2. What's Farida going to do in the afternoon? ....

B Choose the correct answer:

3. This family is (**three** – **four** – **five**) persons.
4. They all are going to (**read books** – **watch TV** – **go out**) in the evening.

Write a paragraph of four sentences on: (4Ms)

" Human body"

Ideas to help you:

human body – thirty two teeth – 206 bones – strong – hard – foods – good for you – bad

....

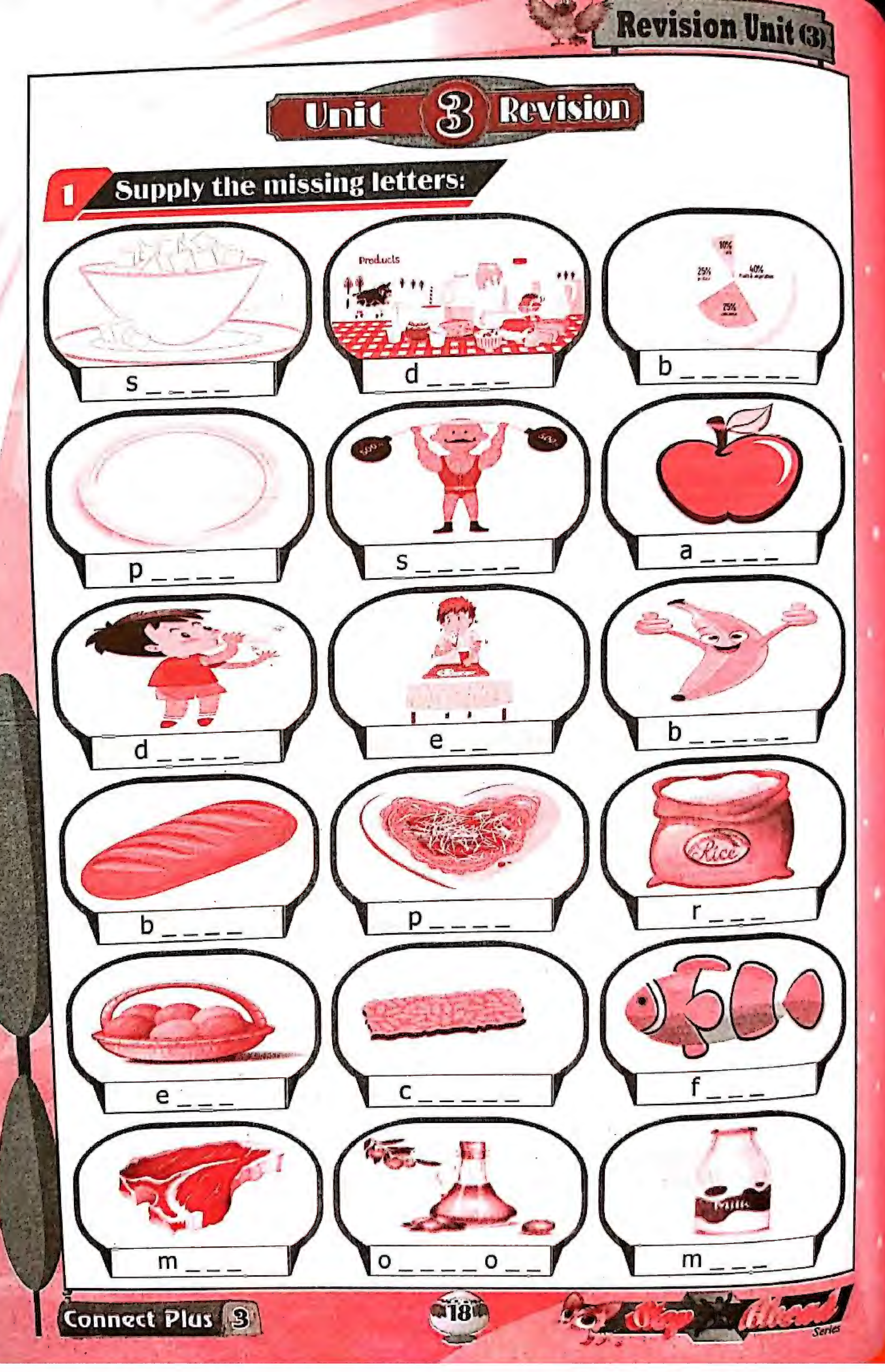
....

....

....

Copy the following sentence: (2Ms)

Don't bark if you can't bite.



Unit 3 Revision

1 Supply the missing letters:

s _ _ _ _	d _ _ _ _	b _ _ _ _ _ _
p _ _ _ _	s _ _ _ _ _	a _ _ _ _
d _ _ _ _	e _ _	b _ _ _ _ _
b _ _ _ _	p _ _ _ _	r _ _ _
e _ _ _	c _ _ _ _ _	f _ _ _
m _ _ _	o _ _ _ _ o _ _	m _ _ _


Revision Unit (3)
c _ _ _ _ _
c _ _ _
b _ _ _ _ _ _ _
a _ _ _ _ _ _ _
p _ _ _ _ _ _
w _ _ _ _
r _ _ _ _
t _ _
i _ _
c _ _ _ _ _ _
c _ _ _
SALT
s _ _ _
BROWNIE
c _ _ _ _ _ _ _ b _ _ _ _ _ _
c _ _
j _ _
p _ _
f _ _ _
m _ _ _ _
Step Ahead Series
19
Connect Plus 3

s _ _ _

g _ _ _ _ _

f _ _ _ _ _ _

h _ _ _

p _ _ _ _ _ _ _ _ _

f _ _ _ s _ _ _ _ _ _

d _ _ _ _ _ _ _

t _ _ _ _ _ _ _ _

l _ _ _

2 Choose the correct word(s): Vocabulary

1. Candies and cookies contain lots of (fiber – salt – sugar).
2. (Sodium – Calories – Calcium) is the amount of energy in food.
3. If you don't drink enough water, you get (sweat – hydrated – dehydrated).
4. We should (preserve – taste – contain) food to keep it fresh and safe.
5. Cereal, bread and pasta contain (protein – vitamins – carbohydrates).
6. There are lots of (carbohydrates – fats – vitamins) in fruit.
7. There's (protein – fiber – calcium) in meat and fish.
8. There are (vitamins – fats – carbohydrates) in olive oil and butter.
9. We can get (carbohydrates – protein – vitamins) in bread, pasta and rice.
10. There's (fat – protein – fiber) in fruit.
11. Calcium is a (vitamin – mineral – protein).
12. We need (protein – fiber – vitamins) to help us grow.

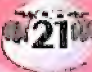
13. When we (dry – smoke – store) fruit, we take out the water and keep the nutrients
14. (Protein – Fats – Sugar) helps us absorb some important vitamins.
15. Water is a (liquid – vessel – vitamin).
16. (Blood – Heart – Brain) carries oxygen and nutrients around the body.
17. (Vitamins – Carbohydrates – Fiber) give us energy.
18. Water helps your body to get rid of (toxins – blood – food).
19. We lose water when we (sweet – eat – sweat).
20. The (fiber – salt – sugar) we get in food is sodium mixed with other things.
21. We eat food, and it breaks down into nutrients in our (lungs – brain – stomach).
22. If we don't (eat – buy – store) food properly, it can go bad.
23. Zeer pots, cans and jars are (pans – spoons – containers).

3 Choose the correct word(s): Vocabulary

1. There are (vitamins – proteins) and fiber in fruit and vegetables.
2. (Carbohydrates – Minerals) give us energy.
3. (Sugar – Protein) helps our bodies grow.
4. Calcium is good for (eyes – bones), heart and muscles.
5. We need healthy fats in some (oils – minerals).
6. There is sugar in (fish – cake), biscuits and soda.
7. We shouldn't eat or drink too much (vitamins – sugar).

4 Read and circle:

Sugar is nice but it is bad for our teeth / hair. Sugar is also bad for our lungs / heart. It stops our arteries working well. When we get energy from sugar it lasts a short / long time. Then we want more! When we get energy from carbohydrates, it lasts a short / long time. Sugar can be bad for our mood. If we have too little / too much sugar, it can make our brain confused. We can feel worried / happy and anxious.

5 Choose the correct word(s): Structures

1. You (should – shouldn't – can't) have a healthy diet.
2. She shouldn't (drink – drinks – drinking) lots of sweet drinks.
3. Should I sleep for only four hours? - No, (you should – you shouldn't – I shouldn't).
4. You (should – shouldn't) eat healthy food.
5. You (should – shouldn't) eat cookies every day.
6. Should he (go – goes – going) to bed early?
7. She shouldn't (eat – eats – eating) or drink a lot of sugar.
8. Should I eat candies every day? - No, (I shouldn't – you shouldn't – you should).
9. You should (eat – drink) enough water.
10. (Is – Should – Has) he sleep eight hours?

6 Complete the sentences using :

shoult – shouldn't

1. You .... eat a healthy lunch every day.
2. You .... wear a helmet when you ride a bike.
3. You .... eat candy every day.
4. You .... ride you skateboard on a road.

7 Read and complete. Use should shouldn't:

Youssef wants to be in the school running team. He goes running once a week. He sometimes skips breakfast but he always eats lunch. He loves snacks. He likes candies and drinking sodas. What should he do to get into the school running team?

1. He .... every day.
2. .... breakfast.
3. .... candies.
4. .... fruit and vegetables.
5. .... a lot of sodas.
6. .... 1.5 liters of water every day.

8 Do the quiz:

1. How do plants get water?
   a) From the soil. b) From the air.
2. How much of our blood is made up of water?
   a) 82% b) 62%
3. How much of our brain is made up of water?
   a) 45% b) 75%
4. What happens if you are dehydrated?
   a) You feel tired and you can't think. b) You can't walk or talk.
5. How much water should children drink every day?
   a) 0.5 liters b) 1.5 liters

9 Rewrite the following sentences using the words in brackets:

1. Drinking pure water is important. **(should)**
   ☞ ....
2. No, you shouldn't eat unhealthy food. **(Should)**
   ☞ ....
3. Having sweet snacks is bad for you. **(shouldn't)**
   ☞ ....
4. Should I eat lots of carbohydrates? **(No, ...)**
   ☞ ....
5. Drinking soda isn't good for your body. **(shouldn't)**
   ☞ ....
6. You should never be dehydrated. **(should always)**
   ☞ ....
7. Yes, I should drink enough water. **(Should)**
   ☞ ....
8. You should have a healthy body. **(unhealthy)**
   ☞ ....
9. Making your body strong is very important. **(should)**
   ☞ ....
10. Should you eat lots of cakes? **(No, ...)**
   ☞ ....

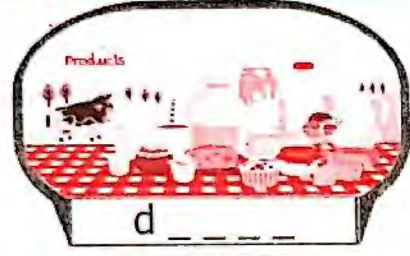


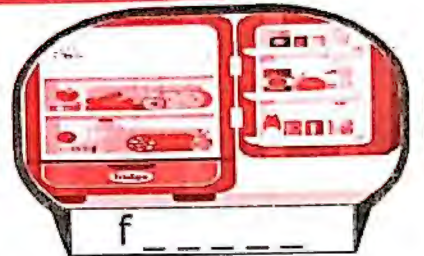


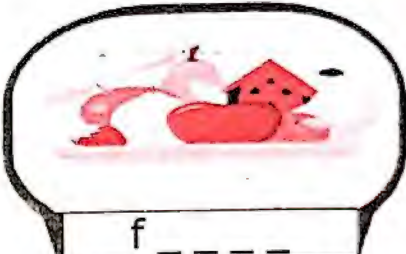
1 Supply the missing parts in the following dialogue: (2Ms)

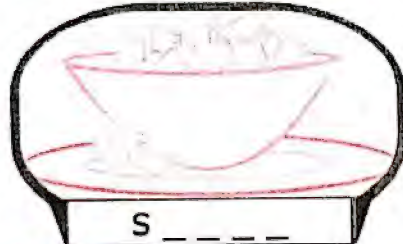
Shady : .... ?
Faris : I always get up at seven o'clock.
Shady : What do you have for breakfast?
Faris : ....

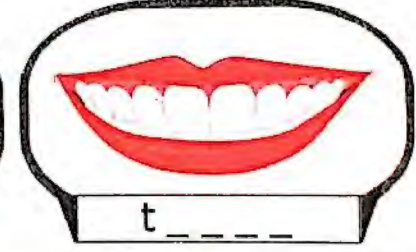
2 Supply the missing letters: (6Ms)

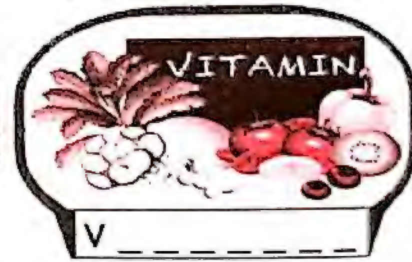

d _ _ _ _


f _ _ _ _ _


f _ _ _ _


s _ _ _ _


t _ _ _ _



v _ _ _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

1. (Fiber – Calcium – Cereal) is good for our bones.
2. We (should – shouldn't – can't) have a healthy diet.
3. Milk and cheese are (daily – diary – dairy) foods.
4. You shouldn't (drinks – drinking – drink) too much soda.
5. When you are (sweat – hydrated – dehydrated), it means you are getting enough water.
6. Cakes, biscuits and soda contain (sugar – protein – fiber).
7. Should I drink water? - Yes, (I should – you shouldn't – you should).
8. Plants get water from the (air – sun – soil) in their roots.

4 Rewrite the following sentences doing as shown: (4Ms)

1. Doing exercise is good for your body. (should)
   ....
2. Should I eat a healthy diet? (Yes, ...)
   ....





3. Sleeping for only five hours is unhealthy. **(shouldn't)**
   ....
4. No, I shouldn't drink lots of sweet drinks. **(Should)**
   ....

5 Read the following passage and answer the questions below: (4Ms)

Every Thursday, my mother goes shopping. My sister Riham sometimes goes with her. There are a lot of vegetables and fruits in the market. My mother buys tomatoes, peas, potatoes and lettuce. She also buys bananas, apples and strawberries. She buys my sister an ice cream and buys me a bottle of orange juice.

A Answer the following questions:

1. When does the mother go to the market? ....
2. What vegetables does she buy? ....

B Choose the correct answer:

3. Riham likes (**sweets – cakes – ice cream**).
4. My mother buys me (**oranges – ice cream – juice**).

6 Write a paragraph of four sentences on: (4Ms)

"The healthy diet"

sweets – crisps – biscuits – chocolate – soda – meat – fish – vegetables – fruit – water

....

....

....

....



7 Copy the following sentence: (2Ms)

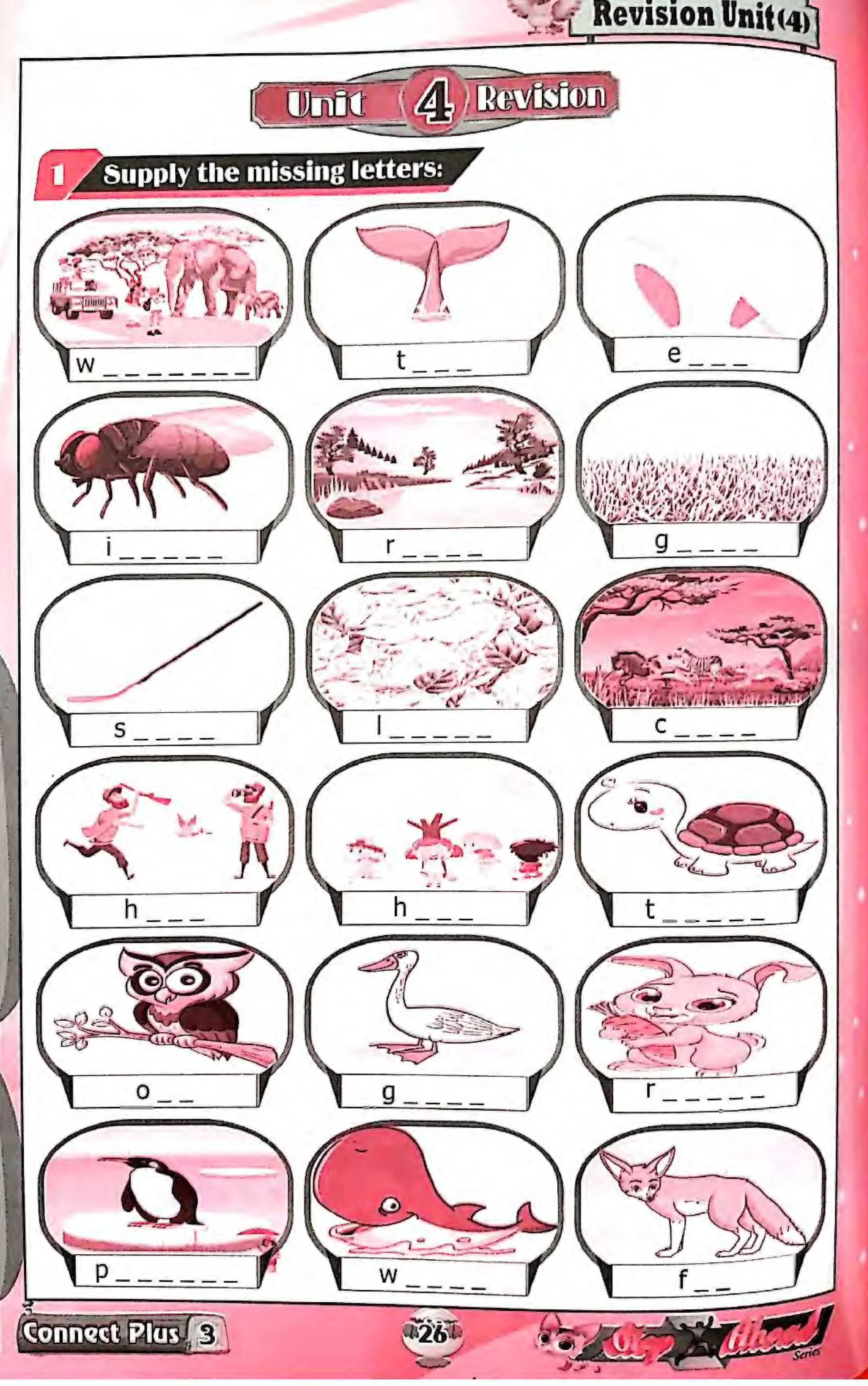
Variety is the spice of life.

____

____

Unit 4 Revision

1 Supply the missing letters:



Revision Unit (4)

e_ _ _ _ _ _ _ _

l_ _ _

m _ _ _

w_ _ _ _

g_ _ _ _ _

d_ _ _ _ _

r_ _ _ _ _ _ _ _ _

f_ _ _ _ _ _ _

b_ _ _ _

s_ _ _ _ _

b_ _ _ _ _ _ _ _

l_ _ _ _ _

f_ _ _

s_ _ _ _

t_ _ _ _

s_ _ _ _

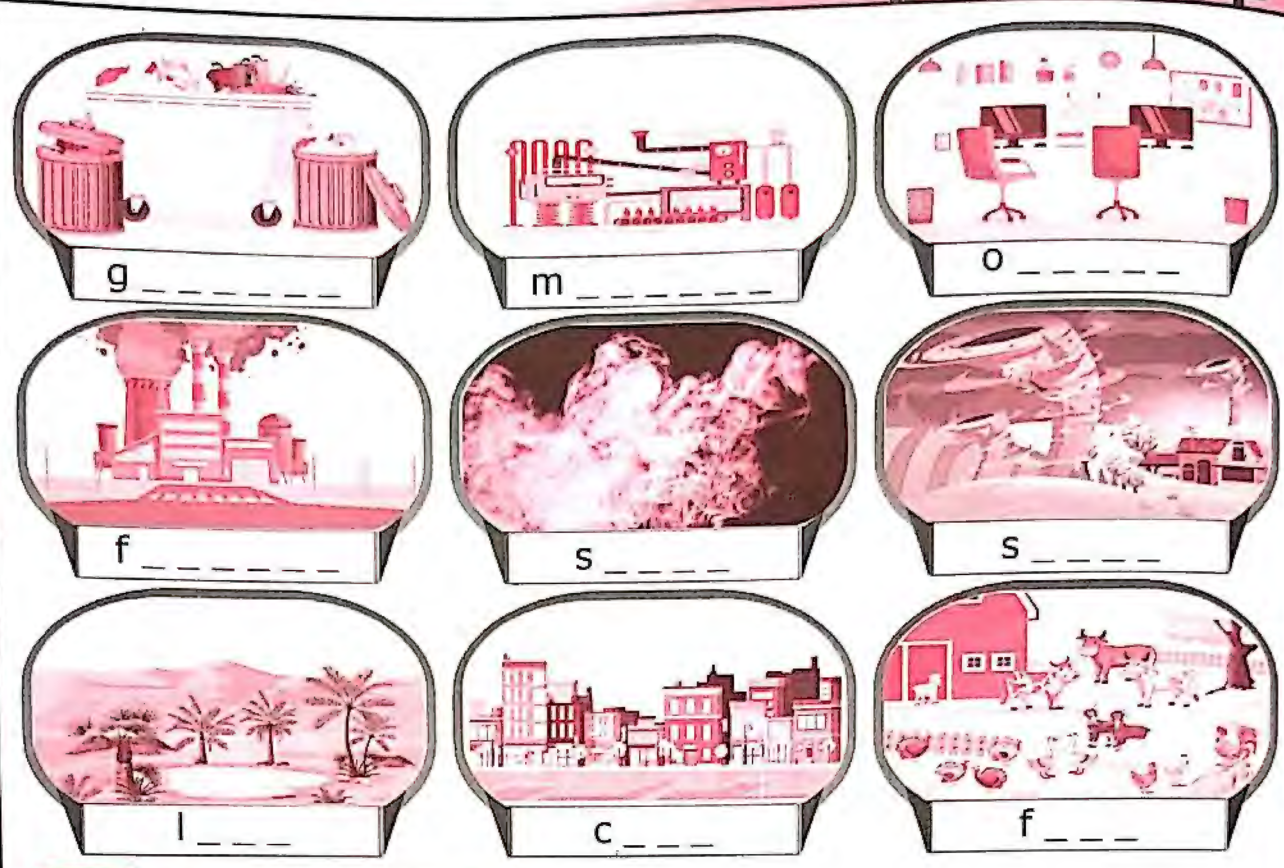
h_ _ _

s_ _

r_ _ _

t_ _ _

v_ _ _ _ _ _ _



2 Match "A" with "B":

'A'	'B'
① sea lion	a) It takes shelter under rocks in rivers.
② crayfish	b) It's long and thin and doesn't have legs.
③ cobra	c) It lives in a hole in a tree.
④ sloth	d) It digs a burrow and lives in the desert.
⑤ owl	e) It sleeps a lot and moves very slowly.
⑥ fennec fox	f) It lives in the sea.

3 Complete the sentences using the following words:

wetalnd – equator – temperate zone – polar zone – rainforest – desert

1. A place with lots of trees and animals. It rains a lot. ....
2. It is hot here and there isn't a lot of rain. ....
3. An imaginary line around the center of the Earth. ....
4. This place is wet all the time. It's near a sea or river. ....

⑤ A very cold place. There aren't any trees, but there is snow and ice. ....

⑥ A place where there is a lot of rain in fall and winter. There is less in spring and summer. ....

4 Read and circle:

A habitat is a place with a particular kind of climate and landscape. There is **rain / snow** and ice in polar habitat. There **aren't any / are lots of** trees and the plants are small. Animals take shelter in **burrows / nests**.
Rainforests are **cold / warm** and wet places. They are in tropical parts of the world. The trees grow a lot of fruit for animals to eat. Wetland habitats are near the sea or **mountain / rivers**. A swamp is a wetland habitat with lots of **people / trees**. Animals hide under the tree roots in the water.

5 Read and choose:

① Which is hotter?

a. Equator **b. North Pole**

② Which area doesn't get much sunshine?

a. South Pole **b. Equator**

③ What habitat is near the equator?

a. Polar **b. Grassland**

④ Which habitats are in Egypt?

a. Wetland and Desert **b. Rainforest and Polar**

6 Choose the correct word(s): Vocabulary

① The (South Pole – North Pole – equator) is the point at the furthest north of the world.

② Lions and cheetahs (hunt – grow – hide) other animals for food.

③ The (cheetah – fennec fox – sloth) moves very slowly.

④ The (swamp – tropical – polar) parts of the world are very hot.

⑤ (Macaw – Cobra – Spider) is a very big snake.





6. (Polar – Tropical – Swamp) parts are very cold.
7. (Insects – Frogs – Butterflies) are beautiful birds.
8. (South Pole – North Pole – Equator) is an imaginary line all around the middle of the Earth.
9. (Lizards – Foxes – Frogs) can crawl.
10. (Building – Pollution – Animal) is bad for the environment.
11. Flood is a natural (fire – volcano – disaster).
12. (Polar parts – Tropical parts – Swams) are very wet.

7 Choose the correct word(s): Structures

1. I (might – will – might not) go out. It's very cold outside.
2. She (might – might not – can't) come with us to the zoo. She likes animals.
3. He might (eats – eat – ate) chicken for dinner.
4. (Did – Were – Was) it a spider monkey? _ No. It had big ears.
5. I (might – might not) eat a sandwich. I'm hungry.
6. (Was – Were – Are) it a spider monkey?
7. She (might – might not) come to the party. She wants to see her friends.
8. The animal that I saw yesterday (has – had – have) big ears.
9. It might not (climbed – climbs – climb) trees.
10. Let's (looked – looks – look) on the wildlife park webcam.
11. He (might – might not) watch TV tonight. He has lots of homework to do.
12. The sloth (moves – move – moved) slowly yesterday.
13. The animal might (building – builds – build) a nest.
14. (Is – Was – Were) your school day great yesterday?
15. Fady (might – might not) be able to swim. He doesn't like swimming.
16. I (see – seeing – saw) a macaw in the tree yesterday.
17. Was it a sea lion? _ No, it (was – isn't – wasn't).
18. It might not (digs – dig – digging) burrows.



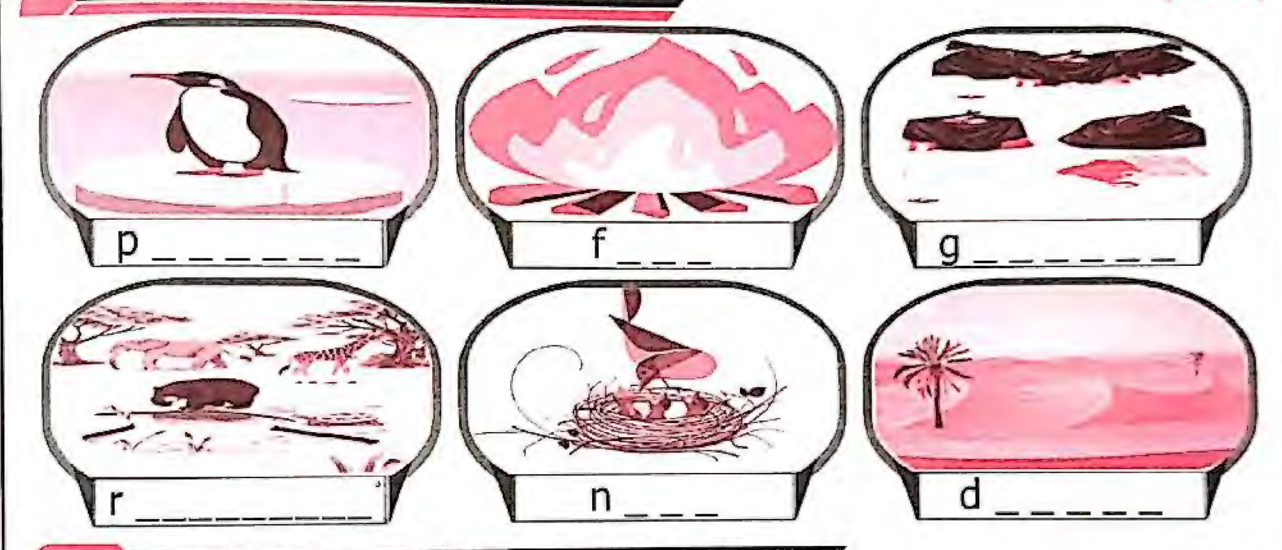




1 Supply the missing parts in the following dialogue: (2Ms)

Ramy : ....?
Adel : No, I wasn't at school yesterday.
Ramy : What did you do?
Adel : ....

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

① We (might – might not – can) go out today. It's very cold today.
② The (South Pole – North Pole – equator) is the point at the furthest south of the world.
③ I (go – goes – went) to the wildlife park yesterday.
④ (Macaw – Cobra – Spider) is a colorful bird.
⑤ Birds build (leaves – nests – burrows) in trees.
⑥ He (might – might not – can't) drink his tea. It's very hot.
⑦ (Volcanoes – Flood – Rain) erupt from time to time.
⑧ It might (live – lives – lived) in a polar area.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ No, it wasn't a fennec fox. **(Was)**
....

❷ I loved seeing the chimpanzees. **(What)**
....

3 What might you do tomorrow? (I ....)

➪ ....

4 He might come with us. (not)

➪ ....

5 Read the following passage and answer the questions below: (4Ms)

We sometimes visit the zoo in summer. We see the hippo. It's big. It has got small ears and a short tail. It likes water. The monkey is a funny animal. It can run and jump. It likes bananas. It lives in trees. It's small and has got a long tail.

A Answer the following questions:

1 When do you sometimes visit the zoo? ....

2 What does the hippo like? ....

B Choose the correct answer:

3 The hippo is **(short – small – big).**

4 The monkey likes **(strawberries – apples – bananas).**

6 Write a paragraph of four sentences on: (4Ms)

""The lion""

Words to help you:

Lion – wild animal – live – forest – eat other small animals – dangerous – can see – zoo

....

....

....

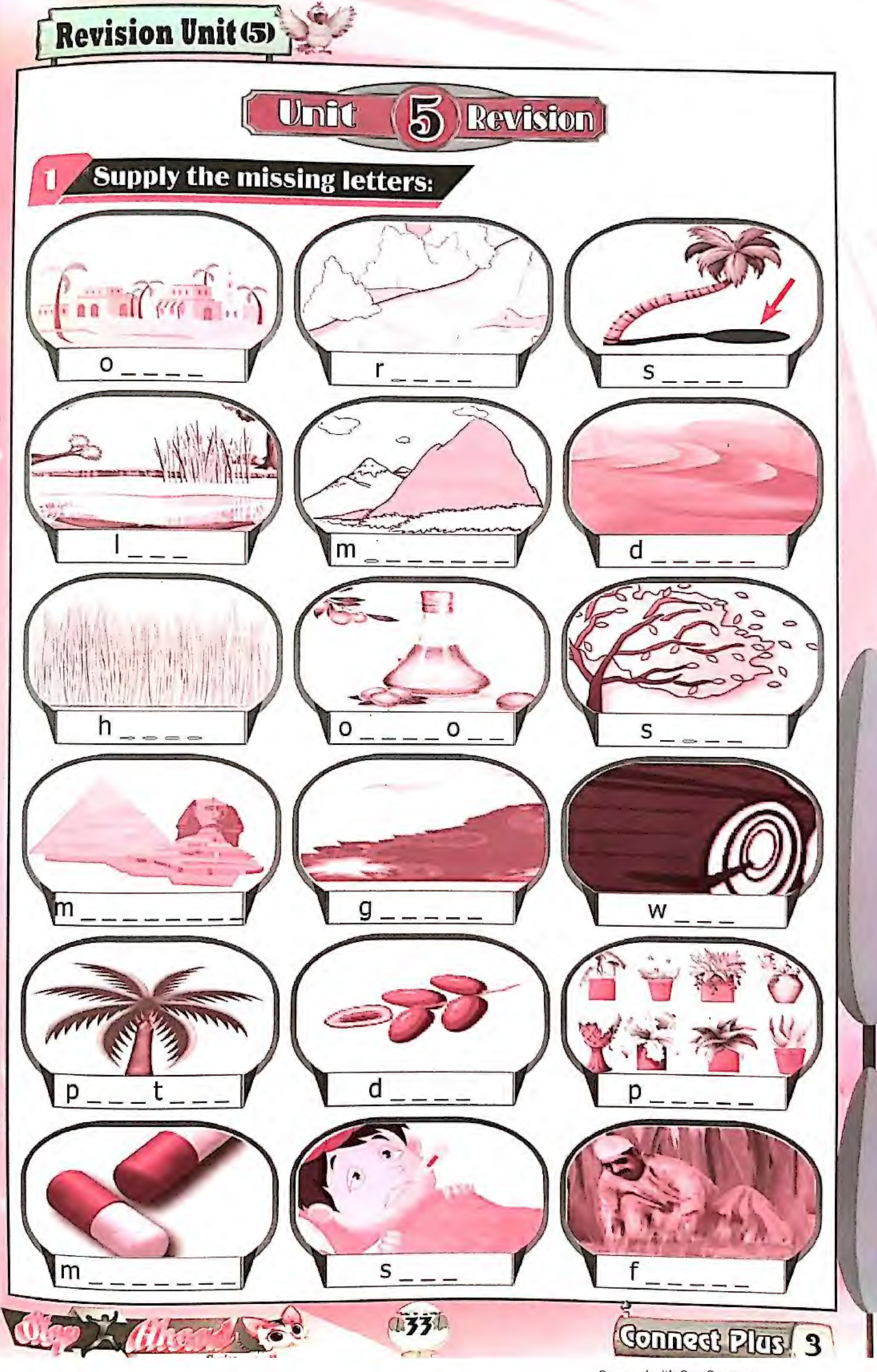
....

7 Copy the following sentence in your best handwriting: (2Ms)

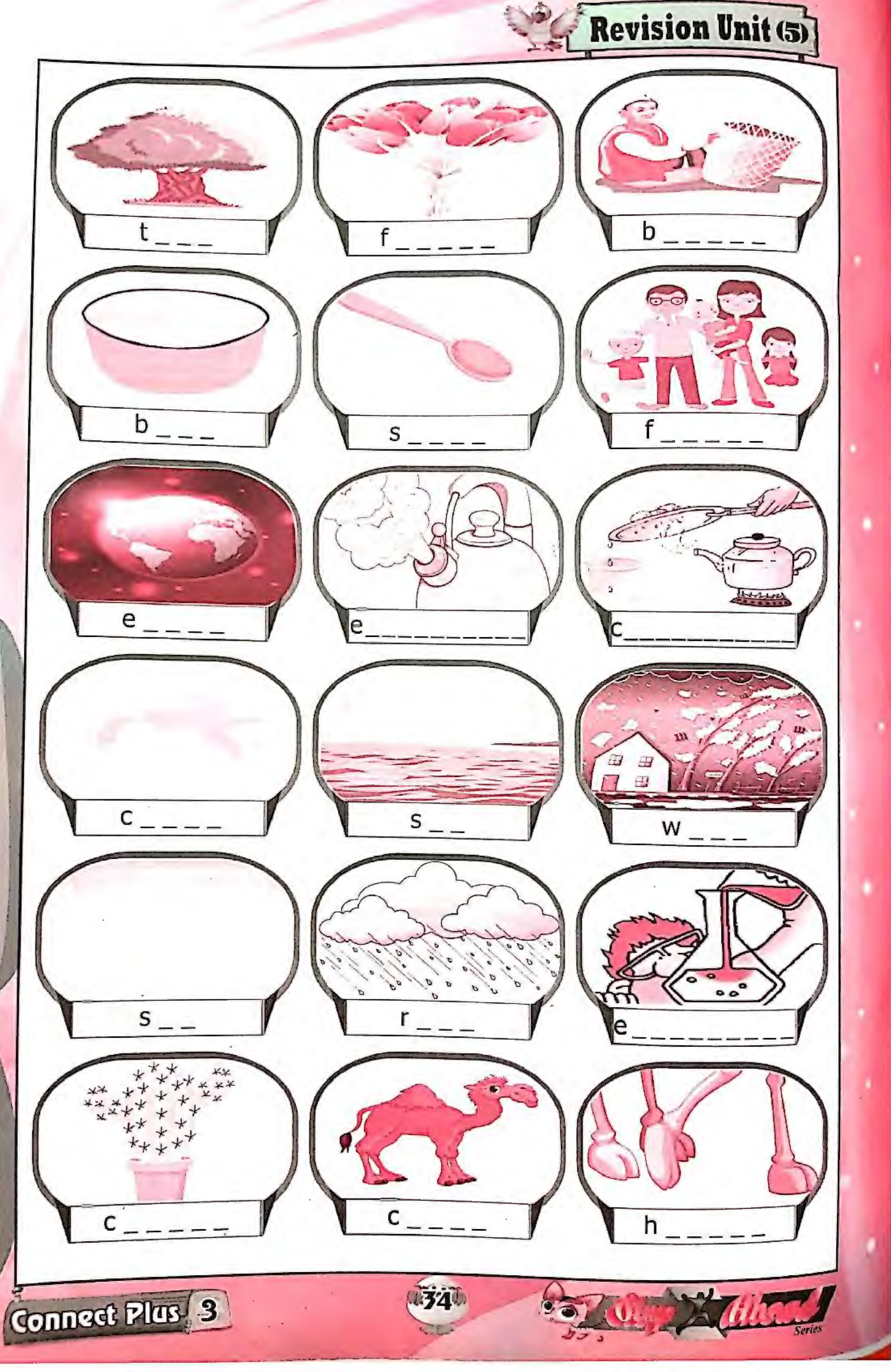
Sometimes silence expresses better than talking.

____

____



Unit 5 Revision
1 Supply the missing letters:
o _ _ _ _
r _ _ _ _
s _ _ _ _
l _ _ _
m _ _ _ _ _ _ _ _
d _ _ _ _ _
h _ _ _ _
o _ _ _ _ o _ _
s _ _ _ _
m _ _ _ _ _ _ _ _ _
g _ _ _ _ _
w _ _ _
p _ _ _ t _ _ _
d _ _ _ _
p _ _ _ _ _
m _ _ _ _ _ _ _ _
s _ _ _
f _ _ _ _ _


t _ _ _
f _ _ _ _ _
b _ _ _ _ _
b _ _ _
s _ _ _ _
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e _ _ _ _
e _ _ _ _ _ _ _ _ _ _
c _ _ _ _ _ _ _ _ _ _
c _ _ _ _
s _ _
w _ _ _
s _ _
r _ _ _
e _ _ _ _ _ _ _ _ _ _
c _ _ _ _ _ _
c _ _ _ _
h _ _ _ _ _

h _ _ _ | s _ _ _ _ _ | t _ _ _

s _ _ _ | f _ _ | r _ _ _ _

w _ _ _ _ _ _ | s _ _ _ _ _ _ | f _ _ _

s _ _ _ _ _ _ | m _ _ | d _ _ _ _

2 Choose the correct word(s): Vocabulary

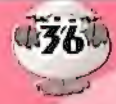
1. Camels have (hunted – escaped – adapted) to survive very well in the desert.
2. We can get fresh water in the (sea – ocean – river).
3. Water vapor (condenses – evaporates – flows) into drops of water.
4. All animals need (surface – beaker – shelter) for protection and keeping safe.
5. Water comes up to the surface of the ground in a (cloud – precipitation – spring).
6. Seas have (salt – fresh – dirty) water.
7. Camels have wide (hooves – humps – eyes) to walk on sand.
8. The (mountain – oasis – ground) is a place in the desert where there's water.
9. You can put (acacia – tamarisk – spearmint) in food or drink.



⑩ Heat from the sun makes water start to (evaporate – condense – freeze).
⑪ Don't go out when there's a (sun – light – sandstorm).
⑫ Vapor (evaporates – condenses – heats) when it starts to cool.
⑬ (Deserts – Lakes – Rivers) are very hot and dry.
⑭ All animals want to (escape – survive – runoff) in their habitat.
⑮ Doctors give (medicine – plants – dates) to sick people.
⑯ (Cactus – Basil – Spearmint) is a desert plant.
⑰ There are lots of dates in the (acacia – tamarisk – palm) tree.
⑱ The (farmer – doctor – teacher) grows plants and keeps animals.
⑲ We can sit in the (leaves – shade – wood) of a tree when it's hot.
⑳ Camels can store fat and nutrients in their (hooves – humps – spearmint).
㉑ They have thick (spines – tubes – fur) to keep them warm at night.

3 Choose the correct word(s): Structures

① Dalia (has – have) seen a butterfly.
② I (has – have) drawn a picture.
③ They (has – have) ridden their bikes.
④ He (has – have) played football.
⑤ We (has – have) won a medal.
⑥ The cat (has – have) chased a mouse.
⑦ You (has – have) helped me a lot. Thank you.
⑧ (Has – Have – Are) you ever cooked for your family?
⑨ I have (visiting – visit – visited) an oasis with my family three times.
⑩ People have (live – lives – lived) there for thousands of years.
⑪ Have you ever visited Siwa? - No, I (have – hasn't – haven't).
⑫ I've (ever – never – already) ridden a camel. I'm afraid of them.
⑬ They've (took – taken – take) lots of photos.
⑭ People (lives – are living – have lived) there for thousands of years.
⑮ (Has – Have – Did) you ever climbed a tree?
⑯ Have you ever (swum – swim – swam) in a lake?





4 Correct the verbs as in the example:

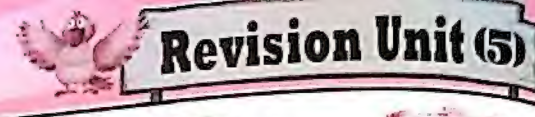
1. I .... have visited (visit) .... the pyramids.
2. He .... (not eat) dates.
3. She .... (travel) on the River Nile.
4. They .... (not see) a spring.
5. I .... (sleep) in the desert.

5 Look and write as in the example:

1. you – ever eat – figs (✔)
   ☞ .... Have you ever eaten figs? - Yes, I have. ....
2. he – ever climb – a tower (✘)
   ☞ ....
3. she – ever swim – in the sea (✔)
   ☞ ....
4. they – ever fly – in a helicopter (✘)
   ☞ ....
5. you – ever see – a cobra (✘)
   ☞ ....
6. it – ever rain – in the desert (✔)
   ☞ ....

6 Rewrite the following sentences using the words in brackets:

1. Yes, I have eaten dates. **(Have)**
   ☞ ....
2. He saw lots of beautiful birds. **(seen)**
   ☞ ....
3. Have you ever planted a tree? **(No, ...)**
   ☞ ....
4. She gave me her pen. **(has)**
   ☞ ....
5. They saw lots of interesting places. **(seen)**
   ☞ ....
6. Yes, I've tried Siwan food. **(Have)**
   ☞ ....
7. Have you ever visited Luxor and Aswan? **(Yes, ...)**
   ☞ ....
8. I gave my mum a present. **(Have)**
   ☞ ....





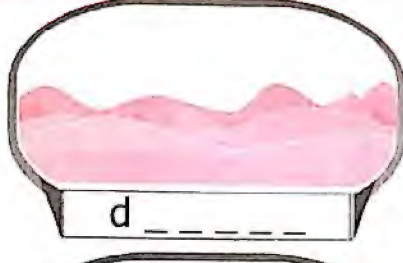


1 Supply the missing parts in the following dialogue: (2Ms)

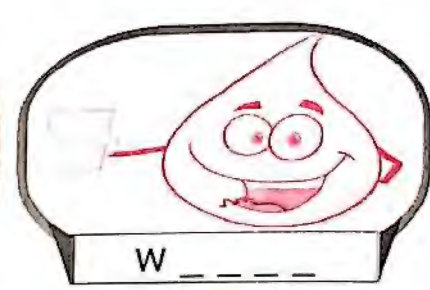
Adel : How much water do you drink every day?
Ali : ....
Adel : Where can we get fresh water?
Ali : ....

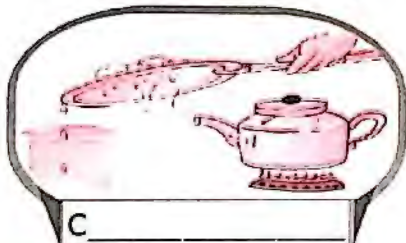
2 Supply the missing letters:

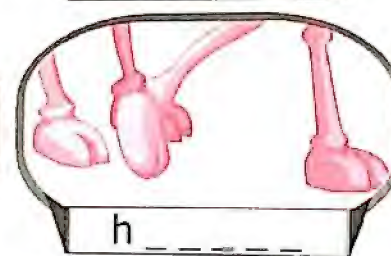


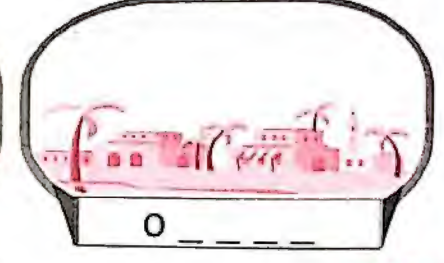












3 Choose the correct word in brackets: (8Ms)

1. We can get water to drink at the (sea – ocean – spring) over there.
2. We have (see – saw – seen) a big lake.
3. Spearmint and basil are different (dates – herbs – fruit).
4. Have you (ever – never – since) tried this?
5. We can get fresh water in (seas – rivers – oceans).
6. She's (eat – eaten – ate) all her sandwiches.
7. (Condensation – Evaporation – Precipitation) is when water falls from the clouds as rain, snow, or hail.
8. I've (ever – never – already) ridden a skateboard. I can't ride it.

4 Rewrite the following sentences doing as shown: (4Ms)

1. No, I've never seen a snake.
   ↳ .... **(Have)**
2. He took lots of sandwiches.
   ↳ .... **(taken)**

3 Have you ever climbed a mountain? **(No, ...)**

↳ ....

4 She swam in the swimming pool. **(has)**

↳ ....

5 Read the following passage and answer the questions below: (4Ms)

There are four seasons in the year. I like winter and spring. It rains in winter. The rain makes things beautiful. In spring, you can see flowers in gardens. But, in summer, the weather is very hot. The sun shines all day. And in fall, it's often cool and trees lose their leaves in fall.

A Answer the following questions:

1 What's the weather like in summer? ....

2 When do trees lose their leaves? ....

B Choose the correct answer:

3 There are four (**months – seasons – weeks**) in the year.

4 It rains in (**spring – fall – winter**).

6 Write a paragraph of four sentences on: (4Ms)

"The camel"

Words to help you:

camels – big – perfect – desert life – eyelashes – long noses – keep out sand – wide feet – walk – sand – humps – food – water

....

....

....

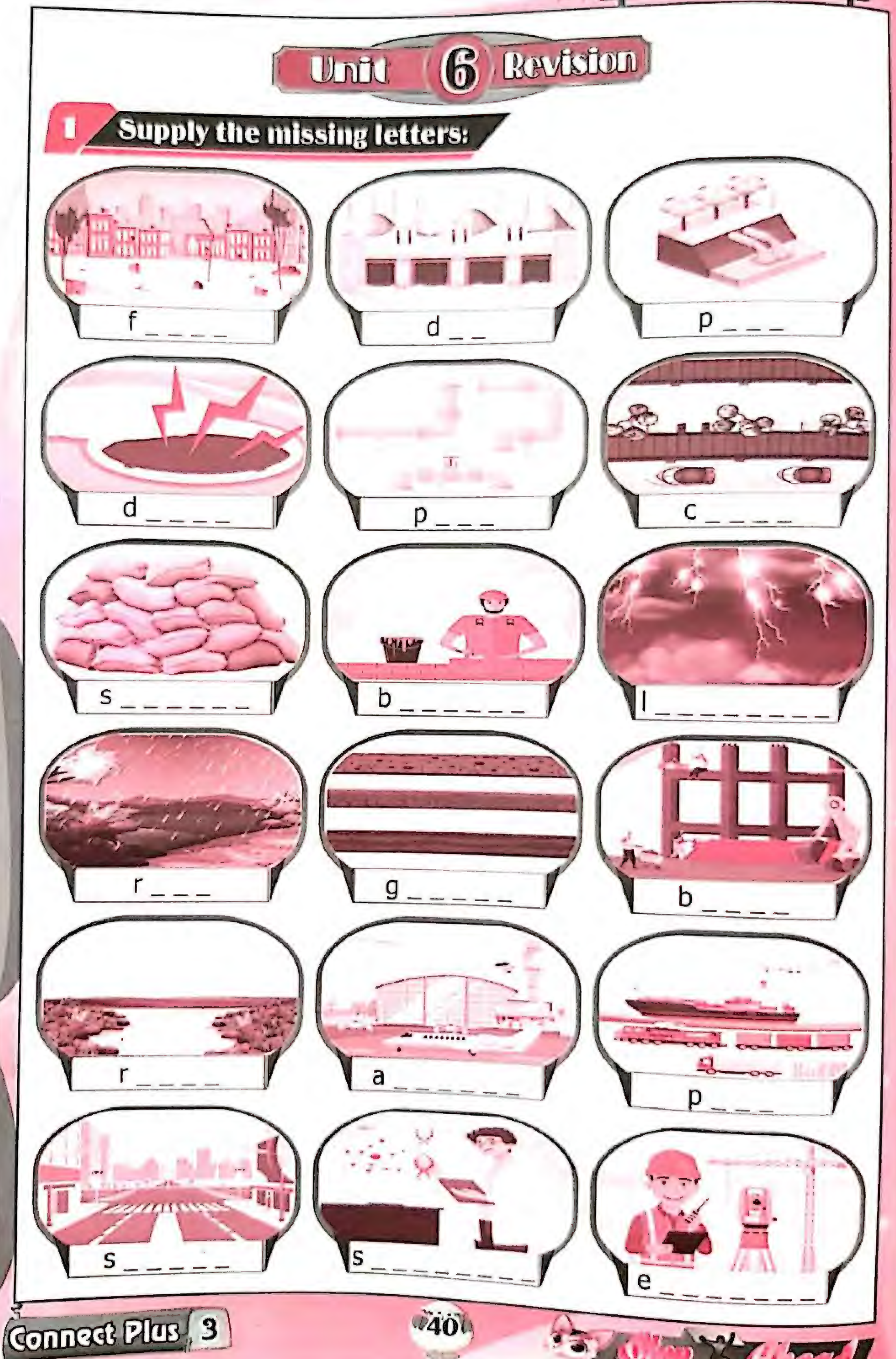
....

7 Copy the following sentence: (2Ms)

Just do your best and God will do the rest.

Unit 6 Revision

1 Supply the missing letters:




s _ _ _
o _ _ _ _ _
r _ _ _
b _ _ _ _ _
24°C
w _ _ _ _ _ _
i _ _ _ _ _ _
s _ _ _ _ _
p _ _ _ _ _ _
f _ _ _ _ _ _ _ _ _ _
p _ _ _ o _ _ _ _
p _ _ _ _ _ _
b _ _ _
Thanks!
t _ _ _ _
f _ _ _ _ _
f _ _ _
i _ _ _ _ _ _ _ _ _ _
s _ _ _ _
d _ _ _

f _ _ _ _

s _ _ _ _ _

A _ _ _ _ E _ _ _ _

w _ _ _ _ _ _ _ _ _

m _ _ _ _ _ _

c _ _ _ _ _ _ _

b _ _ _ _ _

t _ _ _ _ _

h _ _ _

2 Choose the correct word(s): Vocabulary

1. The (barrier – Lake Nasser – High Dam) controls the water of the Nile in Egypt.
2. People have used (waterwheels – sandbags – drains) to help with irrigation.
3. There was a (thunderstorm – flood – volcano) in Egypt. Water filled all streets and roads.
4. He's a (volunteer – firefighter – police officer). He works without getting paid.
5. Flood water can wash away roads or make bridges and homes (move – warn – collapse).
6. We can find water in (walls – wells – wills).
7. There are (pipes – barriers – sandbags) under the ground for water to move through.
8. It's important for engineers and scientists to find ways to (damage – protect – ruin) everyone from floods.
9. There are (drains – pumps – canals) in the streets for rainwater to go down.

10. (Meteorologists – Engineers – Firefighters) are people who study the weather.
11. A (dam – drain – flood) stops water in a river.
12. Meteorologists (collapse – damage – warn) people if there is a flood.
13. You can use a (dam – shadoof – pump) to take water out of a building in a flood.
14. People built (aqueducts – dams – barriers) to move water from wells or rivers into cities.
15. I volunteer to help my community when there is a/an (party – emergency – situation).
16. A (pump – shadoof – canal) is a river that people build, so they can move water to where they need it.
17. They tried to (rescue – ruin – damage) the citizens from the flood water.
18. In a flood, people can put up a (pipe – barrier – pump) to stop water in the street.
19. People put (sandbags – canals – dam) in front of houses and buildings to keep water out.
20. (Irrigation – Hydroponics – Desalination) means taking the salt out of sea water to get fresh water.

3 Read and complete:

irrigation – rivers – waterwheel

Waterwheels are in .... The moving water makes the .... go around. This creates power. People used waterwheels to help with .... to water their plants.

canal – citadel – tower

This is the Cairo Citadel Aqueduct. Water ran from a well into a .... on top of a wall. There was a well and six waterwheels inside a tall .... Oxen made the wheels go around. Then water could move up inside the tower. When water got to the top of the tower, it went down the aqueduct to the ....

electricity – turbines

The High Dam is the biggest dam in the world. .... in the dam create hydroelectric power. This power creates ....

fresh water – technologies

Countries that are near the sea can create .... with desalination. It can be expensive. So engineers are developing new and cheaper ....

4 Read and choose:

1. This stops water moving in a river and saves water for faming, irrigation and energy.
   a. dam b. aqueduct
2. This is a place in a desert with water, trees and plants
   a. barrier b. oasis
3. Put these in front of the door when there is a flood.
   a. sandbags b. drains
4. A car, bridge or building can .... in flood.
   a. install b. wash away
5. Desalination is good for countries with ....
   a. a lot of fresh water b. not much fresh water

5 Correct the verbs as in the example:

1. There (am – is – are) enough sweets for everyone.
2. There (am – is – are) too much water in the canal.
3. There (am – is – are) enough rice to cook dinner.
4. There (am – is – are) too many chairs in the living room.
5. There is too (many – much – enough) sand in the sandbag.
6. There aren't (too many – too much – enough) chairs for everyone to sit on.
7. There are too (much – many – enough) boys in the room. We can't get in.
8. There (am not – isn't – aren't) enough paper for every pupil.





9. There (am – is – are) too many people in the street.
10. There (am – is – are) too much salt in my pizza.
11. There (am not – isn't – are not) enough meat in the fridge.
12. There (am not – isn't – aren't) enough balls for every player.
13. There is too (many – much – enough) salt in my food.
14. There aren't (too much – too – enough) bikes for every child.
15. There are too (many – much – enough) books in this library.
16. There isn't (too – enough – too many) bread in the kitchen.

6 Circle the word with a different sound:

1	dangerous	famous	cobra
2	hunt	water	tent
3	river	polar	enormous
4	wetland	camp	hump
5	acacia	nervous	under

7 Rewrite the following sentences using the words in brackets:

1. There is too much meat. **(plates of meat)**
   ☞ ....
2. We need more water for deserts to be green land. **(enough)**
   ☞ ....
3. His food is full of lots of salt. **(too much)**
   ☞ ....
4. I can't give my friends pencils. I don't have many. **(enough)**
   ☞ ....
5. There is too much water. **(bottles of water)**
   ☞ ....
6. She can't buy the skirt with this little money. She needs 80 pounds more. **(enough)**
   ☞ ....
7. We have lots of trees in the park. **(too many)**
   ☞ ....
8. There isn't a book for every pupil in the class. **(enough)**
   ☞ ....
9. People fill the streets of Cairo. **(too many)**
   ☞ ....
10. Her pizza is full of lots of salt. **(too much)**
   ☞ ....

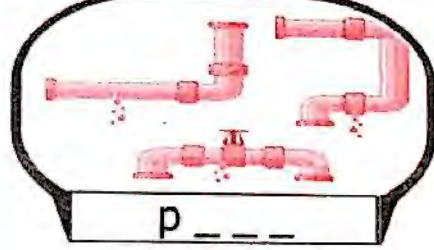


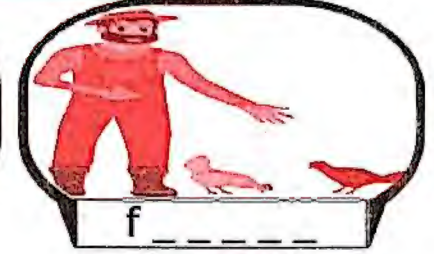


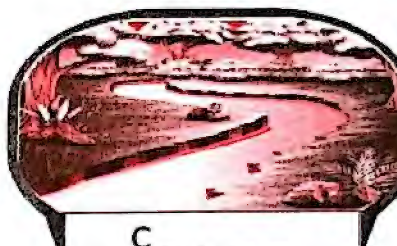
1 Supply the missing parts in the following dialogue: (2Ms)

Basil : Can I play football in the street, mum?
Mother : ....
Basil : .... ?
Mother : Because there are too many cars and trucks.

2 Supply the missing letters: (6Ms)

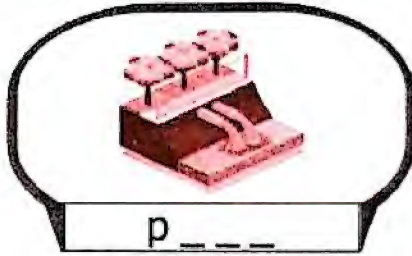

p _ _ _


f _ _ _ _ _


c _ _ _ _


w _ _ _ _ _ _ _ _ _


a _ _ _ _ _ _


p _ _ _

3 Choose the correct word in brackets: (8Ms)

1. Flood water can (ruin – warn – build) homes, shops, and offices.
2. There isn't (enough – too many – too) tea in my cup.
3. Water on the surface of streets can go down a (drain – barrier – dam).
4. There are too (many – much – enough) pencils in the bag.
5. Farmers use (holes – fields – irrigation) to water their crops.
6. There aren't (too – too much – enough) rulers in the bag.
7. Water moves in (pipes – sandbags – dams) under the ground or above the ground.
8. There is too (enough – many – much) water in the glass.

4 Rewrite the following sentences doing as shown: (4Ms)

1. We don't have a cup for everyone. **(enough)**
   ....
2. They have lots of bread in the kitchen. **(too much)**
   ....

3. There is too much coffee. **(cups of coffee)**

   ....

4. We don't have much cheese to make sandwiches. **(enough)**

   ....

5 Read the following passage and answer the questions below: (4Ms)

There are parks in towns and cities. Parks are places with lots of grass, trees, plants and flowers. People can go, play and relax there. Lots of people like having their picnics there. There's a big park near our house in Cairo. I sometimes go there with my friends on Friday. People put litter in the bins in the park so the park is very clean.

A Answer the following questions:

1. What are parks? ....
2. Why do people go to parks? ....

B Choose the correct answer:

3. There are **(boxes – boards – bins)** for litter in the park.
4. People have **(parties – picnics – lessons)** at parks.

6 Write a paragraph of four sentences on: (4Ms)

"The desert"

Words to help you:

desert – hard life – little rain – little water – hot weather – animals – people – tents – mud bricks

....

....

....

....

7 Copy the following sentence: (2Ms)

A good beginning makes a good end.

____

Revision Tests



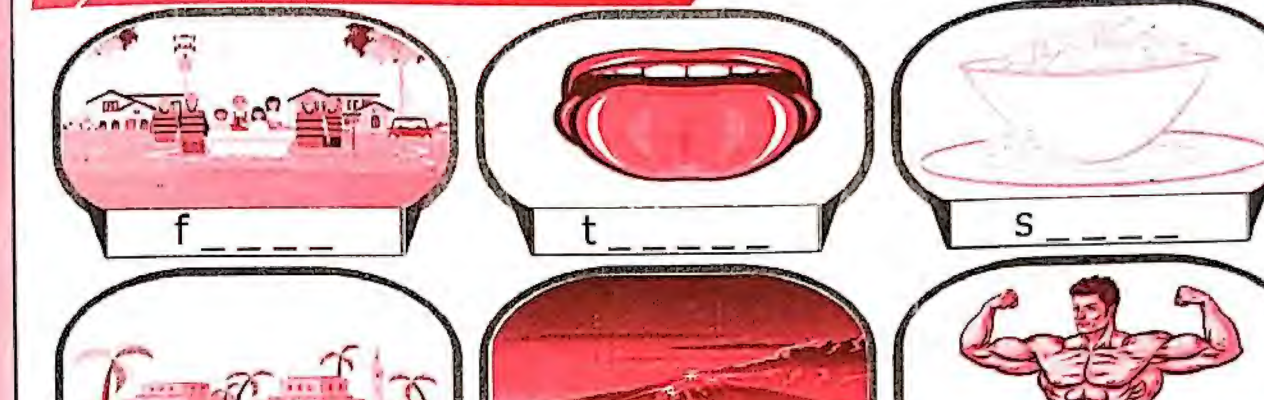




1 Supply the missing parts in the following dialogue: (2Ms)

Arwa : How fast can you run?
Athlete : ....
Arwa : .... ?
Athlete : Yes, I will win the next race.

2 Supply the missing letters: (6Ms)



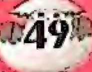
3 Choose the correct word in brackets: (8Ms)

1. The (athlete – track – event) around the field is very long.
2. I think the athlete wearing red (win – will win – winning).
3. (Deserts – Lakes – Rivers) are very hot and dry.
4. I'm (go – goes – going) to wear a helmet.
5. There are lots of (carbohydrates – fats – vitamins) in fruit.
6. Have you (ever – never – since) tried coffee?
7. We (might – might not – can) play football. It's very hot today.
8. The (South Pole – North Pole – equator) is the point at the furthest north of the world.

4 Rewrite the following sentences doing as shown: (4Ms)

1. No, he won't play tennis. **(Will)**
   ↳ ....
2. You should have a healthy body. **(unhealthy)**
   ↳ ....





3. It had a long tail. **(not)**

....

4. We don't have a cup for everyone. **(enough)**

....

5 Read the following passage and answer the questions below: (4Ms)

Yesterday, the weather was nice. It was warm and sunny. Dad wanted to take us out to enjoy this fine weather. He took us on a boat trip on the river. It was a wonderful trip. We ate our sandwiches and enjoyed the fresh air. At five o'clock in the afternoon we walked back home. We were very happy.

A Answer the following questions:

1. What was the weather like yesterday? ....
2. When did they walk back home? ....

B Choose the correct answer:

3. The trip was (**nice** – **noisy** – **bad**).
4. They were very (**sad** – **quiet** – **happy**).

6 Write a paragraph of four sentences on: (4Ms)

"Your best friend"

Words to help you:

name – age – grade – hobbies – interests – in the future – hopes to be

....

....

....

....

7 Copy the following sentence: (2Ms)

A good book is a good friend.

____

____

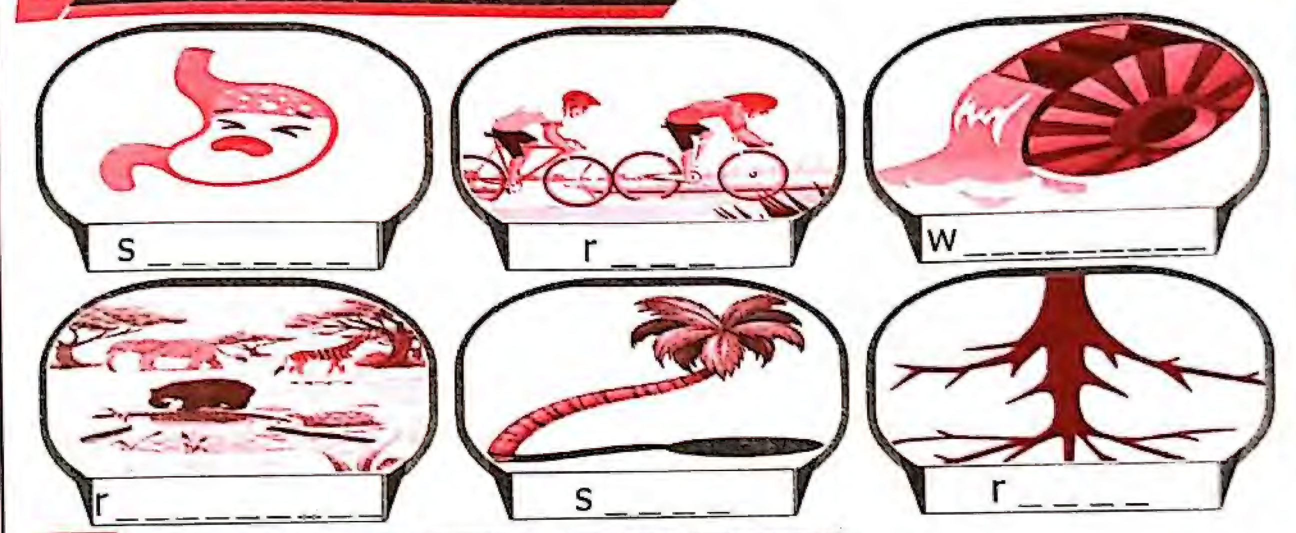




1 Supply the missing parts in the following dialogue: (2Ms)

Sameh : Are you going to go to the park at the weekend?
Maged : ....
Sameh : What are you going to do?
Maged : ....

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

1. Players usually (worry – support – warm up) before they start the match.
2. It (will – won't – is) be easy to win today. It will be difficult.
3. Muscles are attached (at – to – for) bones.
4. There (am not – isn't – aren't) enough bridges in my town.
5. You (should – shouldn't – will) eat cookies every day.
6. The (mountain – oasis – ground) is a place in the desert where there's water.
7. I have (visiting – visit – visited) an oasis with my family three times.
8. There was a (thunderstorm – flood – volcano) in Egypt. Water filled all streets and roads.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ I like fish and chicken. **(don't like)**
➩ ....

❷ Yes, I've tried Siwan food. **(Have)**
➩ ....

3 It will be difficult to win today. (easy)

↳ ....

4 They have lots of bread in the kitchen. (too much)

↳ ....

5 Read the following passage and answer the questions below: (4Ms)

Eating healthy food helps people do their best at work and at play. It helps them control their weight and stops them feeling weak or tired during the day. Good nutrition can help prevent health problems as well, from tooth decay in children to heart disease in adults.

There are some healthy eating tips that you should follow. You should eat a variety of food. You should choose a diet low in fats or processed food. You should eat plenty of fruit and vegetables. You should use sugar and salt in moderation.

A Answer the following questions:

1 How can good nutrition help us? ....

2 Find words in the passage that give the same meaning as: - stop - advice.

B Choose the correct answer:

3 You should eat (**a little** – **a few** – **plenty**) of fruit and vegetables.

4 Eating healthy food helps people control their (**height** – **weight** – **length**).

6 Write a paragraph of four sentences on: (4Ms)

"Nature"

Ideas to help you:

Allah – great creator – nature – wonderful – mountains – hills – lakes – islands – forests – seas – rivers – oceans – weather – cold – hot – warm – cool

....

....

....

....

7 Copy the following sentence: (2Ms)

One hour today is worth two tomorrow.







1 Supply the missing parts in the following dialogue: (2Ms)

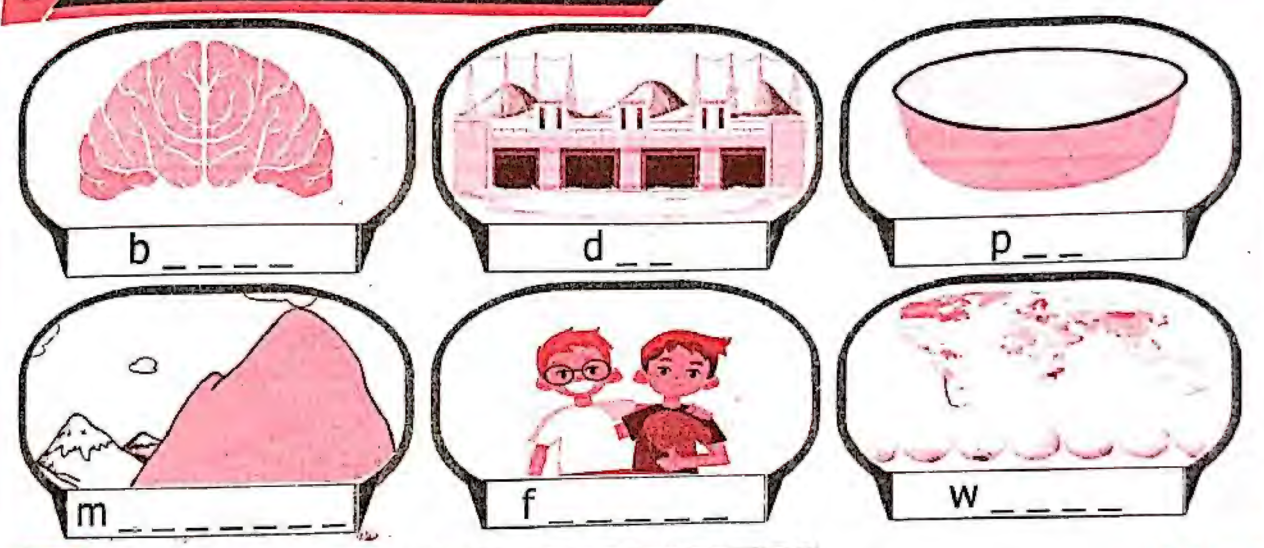
Mai : Do you ever skip breakfast?

Ola : ....

Mai : .... ?

Ola : I always drink a glass of water every hour.

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

1. Water on the surface of streets can go down a (drain – barrier – dam).
2. Dina jumped (high – higher – the highest) than Lara.
3. We need (veins – arteries – nutrients) to help us grow.
4. There isn't (enough – too many – too) tea in my cup.
5. There's (protein – fiber – calcium) in meat and fish.
6. Should he (go – goes – going) to bed early?
7. I (might – might not – can't) eat a sandwich. I'm hungry.
8. Lions and cheetahs (hunt – grow – hide) other animals for food.

4 Rewrite the following sentences doing as shown: (4Ms)

1. Football is my favorite sport. I'm not a good footballer. **(but)**
   ....
2. She might drink orange juice. **(not)**
   ....



3. I gave my mum a present. **(have)**
   ....
4. We have lots of trees in the garden. **(too many)**
   ....

5 Read the following passage and answer the questions below: (4Ms)

Why is getting enough sleep so important for children? Most children between the ages of five and ten need about ten hours of sleep, but the average child this age only sleeps, about nine hours a day. Getting enough sleep is important because it allows your body to rest for the next day. Children are always busy: going to school, doing chores, playing with friends, going to sports practice, taking music lessons, doing homework ... . When your body doesn't get enough sleep, you can feel tired, sad or angry. Sometimes it is hard to concentrate. Children who don't sleep enough can get sick. Be sure to get enough sleep and you'll feel a lot better.

A Answer the following questions:

1. Why is getting enough sleep important for children?
2. What happens if your body doesn't get enough sleep?

B Choose the correct answer:

3. Be sure to get enough sleep and you'll feel (**lazy – bad – better**).
4. Most children between the age of five and ten need about (**ten – eleven – seven**) hours of sleep.

6 Write a paragraph of four sentences on: (4Ms)

"Rainforests"



grow – hot countries – plants – trees – live – animals – birds – useful – environment – people – cut down – in danger



....

....

....

7 Copy the following sentence: (2Ms)

What you don't know won't hurt you.

____

____







1 Supply the missing parts in the following dialogue: (2Ms)

Rana : .... ?
Sara : Yes, I eat healthy food.
Rana : Can you remember a food in the protein section?
Sara : ....

2 Supply the missing letters: (6Ms)

d _ _ _ _ _ f _ _ _ w _ _ _ _ _ _

p _ _ _ l _ _ _ s _ _ _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① Lots of (medals – sports – athletes) are competing in the race.
② I can't go to the club today (so – but – because) I have much homework.
③ Blood carries (stomach acid – oxygen and nutrients) around the body.
④ He (buy – is going to buy – buys) a new bike next week.
⑤ Milk and cheese are (daily – diary – dairy) foods.
⑥ She shouldn't (eat – eats – eating) or drink a lot of sugar.
⑦ Water on the surface of streets can go down a (drain – barrier – dam).
⑧ The (cheetah – fennec fox – sloth) moves very slowly.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ She's training hard so she will win the first medal. **(because)**
....

❷ Have you ever climbed a mountain. **(No, ...)**
....

(too many)

3. Cars filled the streets of the city.
↳ ....

(Should)

4. No, I shouldn't drink lots of sweet drinks.
↳ ....

5 Read the following passage and answer the questions below: (4Ms)

Deserts are generally hot, dry regions where it almost never rains. Some parts of deserts are covered with sand. The sandy hills are called sand dunes. Other parts of deserts have rocky hills and mountains. The Sahara Desert is the biggest desert in the world. It is in northern Africa. It measures about 9 million square kilometres. It is almost as big as the United States. There are many different plants and animals in the desert. They are all able to live with very little water.

A Answer the following questions:

1. What is the weather like in the desert? ....
2. What is a sand dune? ....
3. How big is the Sahara Desert? ....

B Choose the correct answer:

3. The Sahara Desert is (**nine thousand – nine million – nine hundred**) square kilometres.
4. The Sahara Desert is in (**Asia – Europe – Africa**).

6 Write a paragraph of four sentences on: (4Ms)

"My uncle's farm"

Words to help you:

uncle's – farm – large – grow – grain – raise – animals – machines – harvest – produce – crops

....

....

....

....

7 Copy the following sentence: (2Ms)

Obey your parents and teachers.

____

____

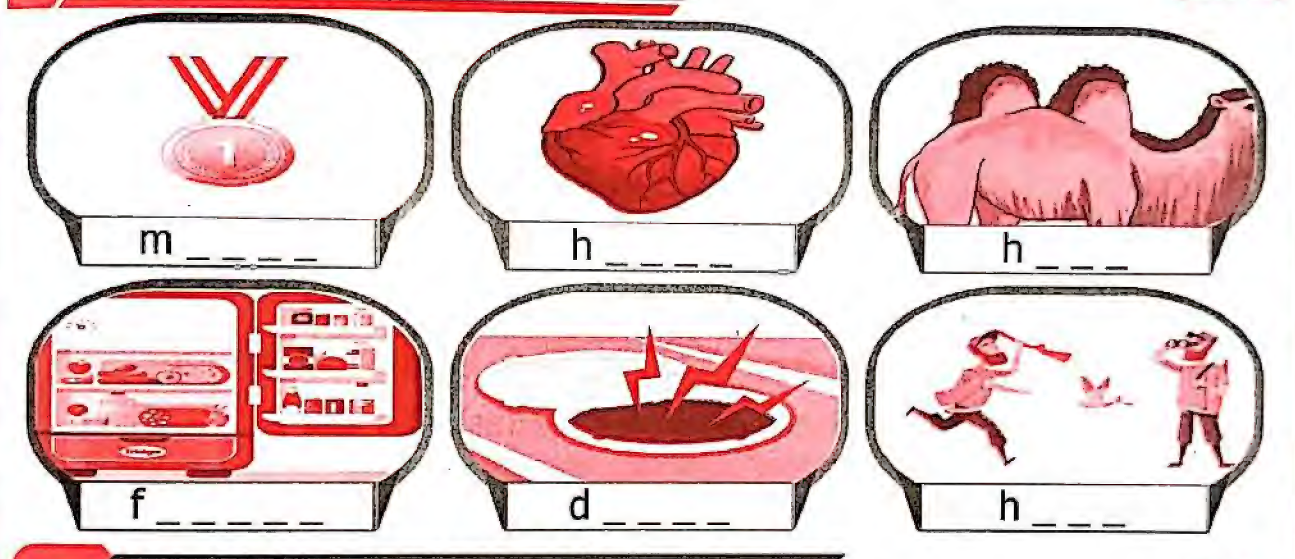




1 Supply the missing parts in the following dialogue: (2Ms)

Khalid : What might you do tomorrow?
Adel : ....
Khalid : Will you play football with us?
Adel : ....

2 Supply the missing letters: (6Ms)



3 Choose the correct word in brackets: (8Ms)

① He is a fast (footballer – runner – cyclist). He rides his bike very fast.
② He wants to come first (so – because – but) he trains hard.
③ Your heart moves (vessels – blood – stomach) around your body.
④ (Are – Have – Do) you going to wear your helmet?
⑤ There are (vitamins – fats – carbohydrates) in olive oil and butter.
⑥ He's a (volunteer – firefighter – police officer). He works without getting paid.
⑦ There (am – is – are) too much cheese in my sandwich.
⑧ We have (see – saw – seen) a big lake.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ I was hungry. I ate all my sandwiches. **(so)**
↳ ....

❷ He isn't good at throwing or jumping. **(is good)**
↳ ....

3. I went to the wildlife park. (Where)
↳ ....

4. You should never be dehydrated. (should always)
↳ ....

5 Read the following passage and answer the questions below: (4Ms)

I think life will be different in the future. In thirty years forward in time, I think my town will be bigger than today. I will see very modern buildings. I hope they will be more beautiful. People may travel by other means of transport. They may eat some new kinds of food. Students may not go to schools. They may learn at home. People may spend their time in different ways from those of today. The future will be better.

A Answer the following questions:

1. How will the buildings be like in thirty years in time? ....
2. What will people eat in the future? ....

B Choose the correct answer:

3. Students may learn at (streets – home – clubs) in the future.
4. The future will be (bad – worse – better).

6 Write a paragraph of four sentences on: (4Ms)

"My favourite sport"

Ideas to help you:

- favourite sport.
- Where do you play it?
- Who do you play it with?
- How long have you played it?
- Your favourite player.
- Your future dream.

....
....
....
....

7 Copy the following sentence: (2Ms)

Never bite the hand that feeds you.





1 Supply the missing parts in the following dialogue: (2Ms)

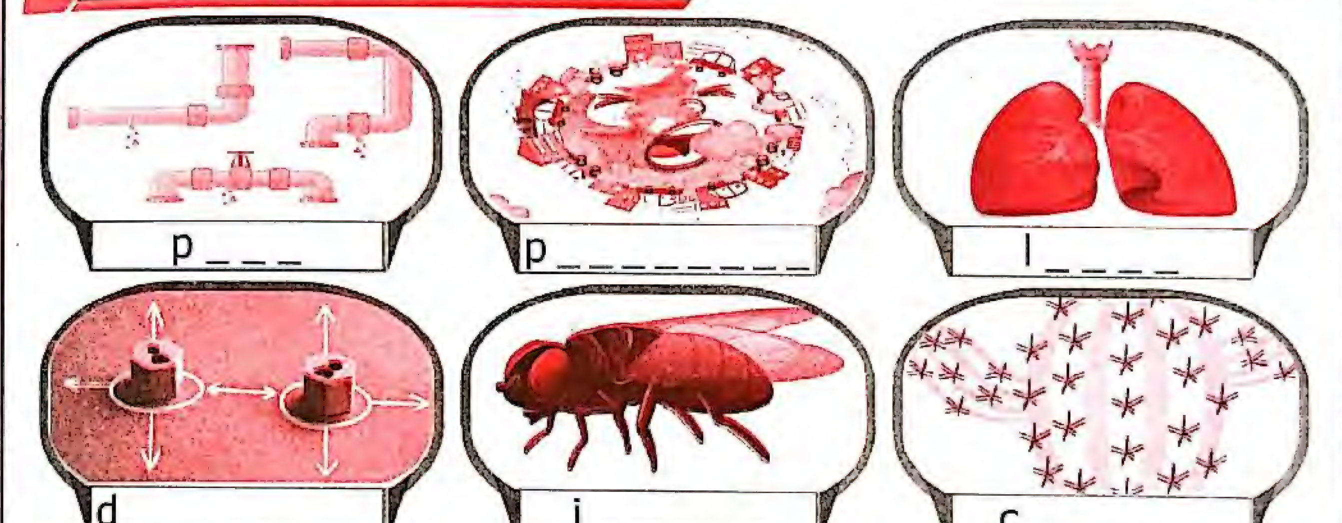
Nada : What's your favorite sport?

Rana : ....

Nada : .... ?

Rana : I go to the track 3 times a week.

2 Supply the missing letters: (6Ms)



p _ _ _

p _ _ _ _ _ _ _ _ _

l _ _ _ _

d _ _ _ _ _ _ _ _

i _ _ _ _ _

c _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① The (race – winner – track) is exciting. The fastest one will win.

② Will she (run – runs – running) fast in the race?

③ Our (teeth – skin – brain) protects us from dirt, germs and the sun.

④ Is he going to (climb – climbs – climbing) the mountain?

⑤ (Fiber – Calcium – Cereal) is good for our bones.

⑥ There is too (enough – many – much) water in the glass.

⑦ It might not (climbed – climbs – climb) trees.

⑧ (Has – Have – Did) you ever climbed a tree?

4 Rewrite the following sentences doing as shown: (4Ms)

1. She plays with her friends. (tomorrow)

   ....

2. He took lots of sandwiches. (taken)

   ....

3. We don't have much cheese to make sandwiches. **(enough)**
   ↳ ....
4. Should I eat a healthy diet? **(Yes, ...)**
   ↳ ....

5 Read the following passage and answer the questions below: (4Ms)

Crocodiles are dangerous animals. They live in rivers and near them. They hunt animals such as goats and small cows for food. They have very sharp teeth. <u>They</u> hide in water to catch animals which come to drink. A crocodile hits with its head or tail and then pulls the animal to eat it under water.

A Answer the following questions:

1. What kind of animal is a crocodile? ....
2. How do they catch animals? ....

B Choose the correct answer:

3. The underlined word "They" refers to (**rivers – cows – crocodiles**).
4. Crocodiles have sharp (**head – tail – teeth**).

6 Write a paragraph of four sentences on: (4Ms)

"How to be fit"

Guiding words:

important – be healthy – eat – drink – fresh – practice – exercise – club – friends – like

....

....

....

....

7 Copy the following sentence: (2Ms)

Practice makes perfect.





1 Supply the missing parts in the following dialogue: (2Ms)

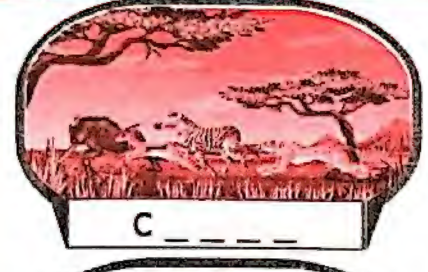
Tamer : Have you ever visited Siwa?

Ramy : ....

What interesting things can we see there?

Tamer ....

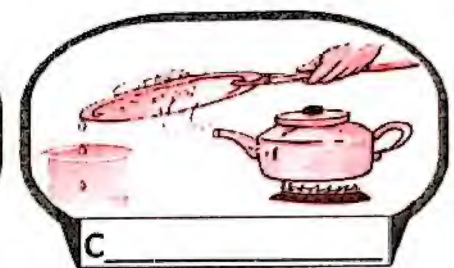
2 Supply the missing letters: (6Ms)



c _ _ _ _



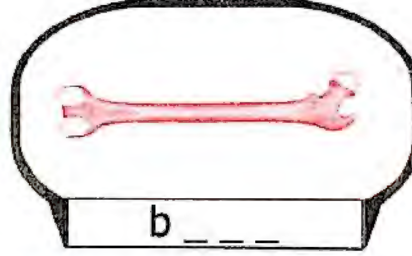
h _ _ _



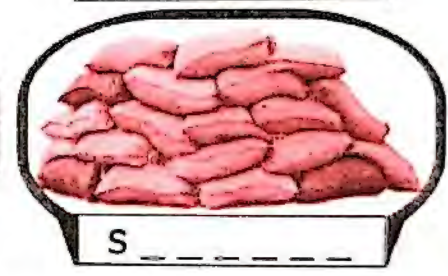
c______________



t _ _ _ _



b _ _ _



s _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① Always (support – pressure – damage) your friend.

② Ramy jumped (the farthest – far – farther) of his three friends.

③ Our (skull – jaw – ribs) protects our brain and eyes.

④ Is she going to play video games? _ No, she (doesn't – is – isn't).

⑤ We can get (carbohydrates – protein – vitamins) in bread, pasta and rice.

⑥ Should I drink water? _ Yes, (I should – you shouldn't – you should).

⑦ The (swamp – tropical – polar) parts of the world are very hot.

⑧ There are lots of dates in the (acacia – tamarisk – palm) tree.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ We ride our bikes on Friday. **(going to)**

↳ ....

❷ Doing exercise is good for your body. **(should)**

↳ ....

(I ....)

3. What might you do tomorrow?
   ↳ ....

4. He didn't work hard. He came fourth in the race. **(because)**
   ↳ ....

5 Read the following passage and answer the questions below: (4Ms)

Exercise is fun. It makes you feel good. Exercise keeps your body strong and fit. You should do exercise every day. Besides doing exercise you should eat good food that contains proteins, fats and vitamins that give you energy. You should also have enough sleep to be healthy. So exercise, food and sleep are the keys for good health.

A Answer the following questions:

1. What are the keys for good health? ....
2. Why should you eat food that contains vitamins? ....

B Choose the correct answer:

3. Exercise is (**fun** – **fan** – **boring**).
4. Exercise makes you feel (**bad** – **good** – **sad**).

6 Write a paragraph of four sentences on: (4Ms)

"A day at the zoo"

Guiding words:

last holiday – father – took – car – saw – animals – enjoyed – like – ate – drank – spent

....

....

....

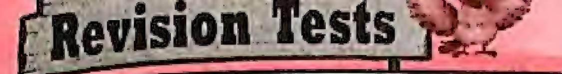
....

7 Copy the following sentence: (2Ms)

Prevention is better than cure.

____

____



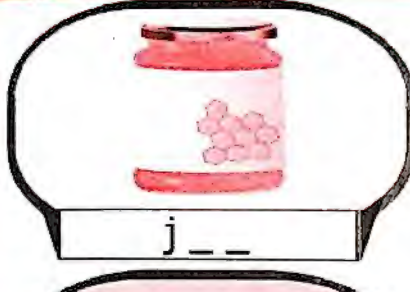




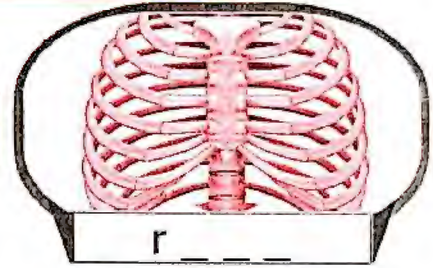
1 Supply the missing parts in the following dialogue: (2Ms)

Faris : .... ?
Magid : This book is about famous Egyptian world records.
Faris : Can you tell me one of these records?
Magid : ....

2 Supply the missing letters: (6Ms)



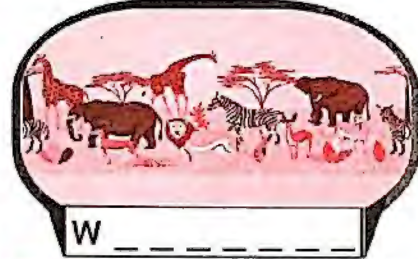
j _ _



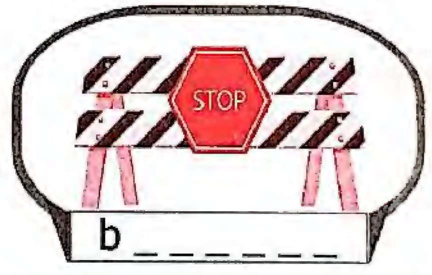
r _ _ _



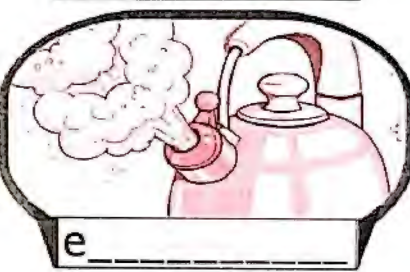
j _ _ _ _



w _ _ _ _ _ _ _ _



b _ _ _ _ _ _ _



e_ _ _ _ _ _ _ _ _ _

3 Choose the correct word in brackets: (8Ms)

① They made a new world (map – country – record). They made the largest GPS drawing.
② I don't like pizza (and – or – but) pasta.
③ The (lungs – heart – brain) moves blood around the body.
④ Are they going to (has – have – had) chicken for dinner?
⑤ There (am not – isn't – are not) enough rice in the fridge.
⑥ I've (ever – never – already) eaten basil. I don't know it.
⑦ It might not (digs – dig – digging) burrows.
⑧ There aren't (too – too much – enough) rulers in the bag.

4 Rewrite the following sentences doing as shown: (4Ms)

❶ He's going to go to the club. **(not)**
....

❷ No, I've never seen a snake. **(Have)**
....

3. There isn't a book for every pupil in the class. **(enough)**
   ↳ ....
4. Yes, she will throw the ball. **(Will)**
   ↳ ....

5 Read the following passage and answer the questions below: (4Ms)

Mr. Amr is a doctor in a big hospital. He likes his work very much because he can help sick people. He is 35 years old. His wife is a teacher. She likes her work too. She is 30 years old. They have three children. Two boys and a girl. Ahmed and Nour are twins. They are in primary four. Mona is the oldest one. She is in primary five. Ahmed and Nour have got a big dog. Mona has got a white cat.

A Answer the following questions:

1. How old is Mr. Amr? ....
2. Why does Mr. Amr like his work? ....

B Choose the correct answer:

3. His wife is a (**teacher** – **doctor** – **nurse**).
4. Mona has got a (**white dog** – **white cat** – **white bird**).

6 Write a paragraph of four sentences on: (4Ms)

"Your school"

Guiding words:

clean – tidy – useful – teachers – help – break – play – enjoy – library

....

....

....

....

7 Copy the following sentence: (2Ms)

It is always darkest before the dawn.

Step Ahead

Step Ahead Series

Answer Key

Connect Plus (3)

The Set Book
Final Revision
General Tests

Step Ahead Answer Key

2021



Part (1) The Set Book

Unit (1)

Lesson (1)

❶ Supply the missing parts:
- I like running. - Yes, I am.

❷ Choose the word(s): (Vocabulary)
1- track 2- throw 3- athletes
4- jump 5- race 6- medal
7- competed 8- win 9- distance
10- measures 11- far 12- fast
13- Who 14- high

❸ Choose the word(s): (Structures)
1- will win 2- will be 3- won't 4- get
5- won't 6- Will 7- run
8- won't 9- will 10- will

❹ Choose the word(s): (Adjectives)
1- higher 2- the fastest 3- slowest
4- farther 5- faster 6- the farthest
7- slower than 8- the highest

❺ Choose the word(s):
athletes / track / race / wins / throw / distance / measures / competed / jump / medal

❻ Supply the missing letters:
– track - athlete – race
– medal – win – run
– throw – jump – measure

❼ Read and complete:
1) distance 2) throw 3) win
4) measuring 5) compete 6) jump

❽ Rewrite the following sentences:
1- He will get a medal.
2- Will he play tennis?
3- Yes, he will.
4- How far can she jump?
5- He will wear a red T-shirt tomorrow.
6- How fast can he run?
7- Will she throw the ball?
8- No, I won't.
9- It won't be easy to win today.
10- The winner will be happy.

Lesson (2)

❶ Supply the missing parts:
- I can run 100 meters in one minute.
- Yes, I do.
- Will you win the next race?

❷ Supply the missing letters:
– exercise – runner – train
– support – warm up – healthy food
– parents – friend – worried

❸ Choose the word(s): (Vocabulary)
1- train 2- warm up 3- exercise
4- support 5- record 6- healthy
7- fit 8- problem

❹ Choose the word(s): (Structures)
1- and 2- but 3- because 4- or
5- so 6- often 7- will win 8- Which

❺ Complete the table using:
1- and 2- because 3- but 4- so 5- or

❻ Choose the word(s):
A) 1- Three times a week.
2- Because She's a really good friend to her. B) 3- didn't win 4- fruit

❼ Write a paragraph of four sentences:
My favorite sport is football. I like it because it's exciting. I play it 3 times a week. I play it with my friends.

❽ Rewrite the following sentences:
1- I don't like fish or chicken.
2- He came fourth in the race because he didn't work hard.
3- Football is my favorite sport but I'm not a good footballer.
4- I was hungry so I ate all my sandwiches.
5- He is good at throwing and jumping.
6- She will win the first medal because she's training hard.

Lesson (3)

❶ Supply the missing parts:
- Yes, I have.
- Who is your best friend?
- I listen to my friends and support them.

❷ Write the correct word:
– secrets – scared – swimming
– competition – smile – apologize

3 Complete the table using:

Good	Bad
1) listen	1) spread rumors
2) support	2) make fun of
3) have fun	3) tell secrets
4) apologize	4) pressure someone

4 Choose the word(s):

1) fun 2) support 3) secrets 4) have
5) spread 6) ideas 7) pressure
8) apologize 9) scared 10) kind

5 Read the passage and answer:

A) 1- Because Sherif spread his secret.
2- Because he's scared of water.
B) 3- happier 4- apologized

6 Sort and complete the table:

C sounds like k	C sounds like s
1) cake	1) citadel
2) camel	2) city
3) coffee	3) face
4) cold	4) ice
5) fact	5) pencil
6) music	6) rice

Lesson (4)

1 Supply the missing parts:

- What are you doing?
- What is it about?
- Yes. The Egyptian Mau can run up to 48 kilometers an hour

2 Supply the missing letters:

– football – cyclist – cup
– pyramids – world – national team

3 Choose the word(s): (Vocabulary)

1- second 2- record 3- kilometer
4- pyramids 5- minute 6- cyclist
7- scored 8- meter 9- footballer
10) Cup 11) challenge 12) an

4 Read the passage and answer:

A) 1- They made the largest GPS drawing by bicycle.
2- At the Great Pyramids of Giza
B) 3- cat 4- heart

5 Write a paragraph of four sentences:

I like Mohamed Salah. I like him because he is a very good player. He plays for Liverpool. He won lots of cups and medals with his team.

- Unit (1) Test (1) *-*

1 Supply the missing parts:

- What's your favorite sport?
- How often do you go to the track?

2 Supply the missing letters:

– medal – race – winner
– distance – friend – athlete

3 Choose the correct word:

1- will win 2- faster 3- because 4- support
5- come 6- highest 7- or 8- won't

4 Rewrite the following sentences:

1- Will you make fun of your friend?
2- How fast can he run?
3- Ali can jump farther than Mazen.
4- I will help my mum.

5 Read the following passage:

A) 1- It's something which is the fastest, biggest, oldest, or smallest in the world.
2- He scored the highest number of goals in one season-32 goals.
B) 3- seven 4- football

6 Write a paragraph of four sentences:

I do lots of things to get ready for a competition. I train hard. I eat healthy food. I measure my time. I get support from other people.

Unit (2)

Lesson (1)

2 Supply the missing letters:

– brain – skeleton – blood
– heart – lungs – body

3 Match (A) with (B):

1- A gas which all living organisms need.
2- We need these to help us grow.
3- These carry blood without a lot of oxygen in it to the heat.
4) These carry blood with oxygen in it away from the heart.
5) A liquid that carries oxygen and nutrients around your body.
6) Veins and arteries.

4 Read the following passage:

A) 1- About 70 times a minute.
2- It moves blood around the body.
B) 3- brain 4- skeleton

5 Read the following passage:

A) 1- Blood carries oxygen and nutrients to all parts of the body.
2- The heart pumps it out to the rest of the body in the arteries.
B) 3- Veins 4- lungs

Lesson (2)

1 Supply the dialogue:

- No, I'm not. - Why?
- I'm going to visit my grandma.

3 Choose the correct word:

1) is 2) are 3) am 4) are 5) is
6) are 7) going 8) go 9) is going to wear
10) is going to buy 11) Are 12) climb
13) isn't 14) have 15) going 16) Is

4 Supply the missing letters:

– skeleton – bone – muscles
– ribs – skull – brain
– knee – elbow – jaw
– heart – lungs – arm

5 Read the following passage:

A) 1- Because it keeps us strong and helps us move.
2- We need muscles to move our bones.
B) 3- elbows 4- hard

6 Write a paragraph of four sentences:

I'm going to play with my friends. I'm going to watch TV. I'm going to visit my grandparents. I'm going to go to the park. I'm going to eat lunch there.

7 Rewrite the following sentences:

1) She's going to play with her friends tomorrow.
2) We're going to ride our bikes on Friday.
3) He's not going to go to the club.
4) Is she going to wear her sunglasses?
5) I'm going to watch TV.
6) Are you going to watch TV?
7) Is he going to help at home?
8) We're going to go to Alexandria next week.
9) No, I'm not. 10) Yes, she is.

Lesson (3)

1 Supply the missing parts:

- No, I don't.
- I usually have sandwiches and fruit.
- How often do you eat fruit?

2 Supply the missing letters:

– hungry – argument – night
– vegetables – juice – sleep
– relaxed – cross – water
– tired – fruit – late
– breakfast – lunch – dinner

4 Write the correct phrases:

1) be positive 2) be in a good mood
3) have an argument 4) be calm
5) stay up late 6) skip breakfast

5 Complete the sentences using:

1) stay up late 2) be positive
3) is in good mood 4) have an argument
5) skip breakfast 6) is calm

6 Put a (✓) or (×):

- Laila (×) - Adam (✓) - Dareen (✓)
- Zain (×) - Malak (×)

7 Write a paragraph of four sentences:

I'm healthy. I exercise every day. I sleep 8 hours a day. I watch TV one hour every night. I never play video games. I usually eat healthy food.

Lesson (4)

1 Supply the missing parts:

- No, it isn't.
- Is it our lungs? - Is it our skin?

2 Supply the missing letters:

– sunburn – skin – sunscreen
– germs – weather – hot
– top – middle – bottom

3 Read the passage and answer:

1- cook / warm 2- Water
3- blood vessels 4- bones / muscles
5- sunburn

Lesson (5)

1 Complete the sentences using:

1) mouth 2) teeth 3) chew / tongue
4) saliva 5) swallow 6) stomach
7) breaks down 8) absorb

❷ Supply the missing letters:
– stomach – mouth – swallow
– teeth – chew – tongue
– absorb – jaw – liquid

❸ Read the following passage:
A) 1- We get energy and nutrients.
2- This is a liquid made in our mouth.
B) 3- mouth 4- absorb

❹ Number in order:
1- We chew food in our mouths.
2- Saliva helps break down the food in our mouths.
3- We swallow the food.
4) Muscles help push food from our mouths into our stomach.
5) Stomach acid breaks down the food in our stomach.
6) The body absorbs nutrients from our food.

-* Unit (2) Test (2)*-

❶ Supply the missing parts:
- How often do you sleep?
- Yes, I do.

❷ Supply the missing letters:
– skull – heart – lungs
– elbow – skin – germs

❸ Choose the correct word:
1- going 2- always 3- Is 4- to
5- go 6- nutrients 7- wear 8- blood

❹ Rewrite the following sentences:
1- Is he going to ride a horse?
2- I'm going to play with my friends.
3- No, they aren't.
4- We're not going to do exercise after school.

❺ Read the following passage:
A) 1- Hady is going to read some books.
2- Sameh is going to go to the cinema.
B) 3- one sister 4- holiday

❻ Write a paragraph of four sentences:
There are a lot of organs in our body. The heart moves blood around our body. The skeleton makes us strong. The stomach helps in digestion. The skin protects us. Our bones make us move.

Unit (3)

Lesson (1)

❶ Supply the missing parts:
- Do you eat healthy food?
- Yes. Milk and cheese.
- Yes. Pasta, bread and rice.

❷ Supply the missing letters:
– carbohydrates – protein – vegetables
– fats – sugar – dairy
– balance – energy – bone

❸ Read the following passage:
1) vitamins 2) protein 3) dairy 4) fats
5) Calcium 6) carbohydrates 7) fiber
8) mineral 9) protein 10) Carbohydrates
11) Fats 12) sugar

❹ Write a paragraph of four sentences:
I eat healthy food. I have milk, eggs and cheese for breakfast. I have fish and vegetables for lunch. I have sandwiches and fruit for dinner.

Lesson (2)

❶ Match (A) with (B):
1) when your body gets enough water.
2) when your body doesn't get enough water.
3) the parts of your body that move.
4) things you don't want in your body; they can make you ill.
5) how hot or cold you feel.
6) a liquid that comes out of your skin when you are hot.

❷ Supply the missing parts:
- Do you eat enough fruit or vegetables?
- But you should eat enough fruit or vegetables.
- Yes, I know I should.

❸ Supply the missing letters:
– soil – sweat – joints
– roots – toxins – health
– temperature – organs – headache

❹ Choose the word(s):
1) should 2) shouldn't 3) go 4) eat
5) drink 6) Should 7) drink
8) you should 9) should 10) you shouldn't

5 Read the following passage:
A) 1- Our blood is about 82% water.
2- You feel tired and you don't have a lot of energy. You can get a headache or find it difficult to think.
B) 3- sweat 4- toxins

6 Read and complete:
1) should 2) shouldn't
3) Should / should 4) shouldn't
5) Should / shouldn't 6) should

7 Write a paragraph of four sentences:
Water is very important. Water helps our body. Animals need water to live. Plants need water to grow.

8 Rewrite the following sentences:
1- You should do exercise.
2- You shouldn't drink soda.
3- You should always be hydrated.
4- Should you drink enough water?
5- No, I shouldn't.
6- You should make your body strong.
7- You shouldn't sleep for only five hours.
8- Yes, you should.
9- Should you drink lots of sweet drinks?
10- You shouldn't have an unhealthy body.

Lesson (3)

1 Supply the missing parts:
- Candies is my favorite snack.
- Why? - Is sugar unhealthy?

2 Match (A) and (B):
1- how much you should eat at one time.
2- the amount of energy in food.
3- a mineral we need.
4- the right amount.
5- more than we need.

3 Read and answer the questions:
1- chocolate brownie.2- chocolate brownie.
3- chocolate brownie.
4- cake and chocolate brownie.
5- Yes. Chocolate brownie.
6- Yes. Chocolate brownie.

4 Read the following passage:
A) 1- To find out what is in our food that helps us decide if it is healthy or unhealthy.
2- Sodium is a mineral.
B) 3- calories 4- half

Lesson (4)

1 Supply the missing letters:
– electricity – container – fire
– can – fridge – jar
– sick – heat – sand

2 Complete using the following words:
1) water / nutrients 2) salt / preserve
3) containers 4) electricity

3 Read the following passage:
A) 1- to keep it fresh and safe.
2- You put the food in a liquid with salt, and close the can. No air gets into the jar or can.
B) 3- bad 4- healthy

Lesson (5)

1 Read the following passage:
A) 1- It stops our arteries working as well as they should. Over a long time, this can damage our heart.
2- If we have too much sugar, our brains get a lot of energy quickly. This can make our brain confused.
B) 3- mouth 4- absorb

2 Supply the missing letters:
– snack – dentist – anxious
– teaspoon – list – yogurt

3 Write a paragraph of four sentences:
I eat biscuits. It's one of my snacks. It contains 290 calories. It contains 19 grams fats. It contains 22 grams sugar.

- *Unit (3) Test (3)* *-*

1 Supply the missing parts:
- No, you shouldn't.
- What should I have?

2 Supply the missing letters:
– pollution – water – sugar
– vegetables – dentist – fire station

3 Choose the correct word:
1- should 2- sugar 3- drink
4- Calories 5- dehydrated 6- preserve
7- carbohydrates 8- you shouldn't.

4 Rewrite the following sentences:
1- You shouldn't drink pure water.
2- Should I eat unhealthy food.

Or: Yes, you should eat healthy food.
3- You shouldn't have sweet snacks.
4- No, you shouldn't.

5 Read the following passage:
A) 1- Dalia eats chicken and rice for lunch.
2- at nine o'clock in the evening.
B) 3- chicken 4- biscuits

6 Write a paragraph of four sentences:
We should eat fruit and vegetables. We shouldn't drink soda. We should drink enough water. We shouldn't eat candies or sweets.

Unit (4)

Lesson (1)

1 Supply the missing parts:
- No, it wasn't.
- Was it a fennec fox?

2 Write the correct word under each:
1) fennec fox 2) sea lion 3) cobra
4) spider monkey 5) chimpanzee
6) macaw 7) sloth 8) cheetah

3 Choose the word(s):
1- went 2- Was 3) had
4) look 5) moved 6) Was
7) saw 8) wasn't

Lesson (2)

1 Supply the missing parts:
- What might you do tomorrow?
- I might meet my friends.
- I might not play video games.

2 Supply the missing letters:
– nest – burrow – river
– hunt – hide – chase
– hole – grass – leaves
– turtle – rabbit – goose
– owl – penguin – whale

3 Choose the word(s):
1- might not 2- might 3- live 4- might
5- might not 6- climb 7- might
8- build 9- might not 10- dig

4 Read the following passage:
A) 1- By watching what they do in wildlife parks.
2- Animals take shelter so they can stay warm, be safe from other animals and protect their families.
B) 1- nests 2- holes 3- burrows / shelter
4- hide 5- chase / hunt 6- live

5 Read and match:
1) lives in a large group called a colony.
2) lives in a hole in a tree.
3) takes shelter under rocks in rivers.
4) hunt other animals to eat.

Lesson (3)

1 Write the correct word under each:
1) rainforest 2) wetland 3) polar
4) grassland 5) desert 6) equator

2 Read the following passage:
1) polar 2) rainforest 3) wetland
4) rainforest 5) rainforest 6) wetland

3 Read the following passage:
1) Because the equator gets the most sunshine.
2) Because they don't get a lot of sunshine.
3) Wetland and rainforests.
4) Desert and grassland.

Lesson (4)

1 Supply the missing letters:
– rainforest – tent – insect
– spider – butterfly – lizard
– frog – snake – hunt

2 Read the following passage:
A) Read and mark (✓) or (×)
1- (×) 2- (✓) 3- (✓)
4- (×) 5- (✓) 6- (×)
B) Read again and complete:
1) emergent 2) food 3) sloths 4) humid
5) frogs 6) forest floor 7) sunlight

Lesson (5)

1 Write the correct word under each:
– flood – drought – deforestation
– machine – pollution – fire
– volcano – factory – garbage

2 Read the following passage:
A) Write the word that refers to each:
1- pollution 2- building 3- volcanoes
4- deforestation 5- flood
6- fire 7- drought

B) Read again and write one word:
1) Flood 2) Deforestation 3) Pollution
4) Building 5) volcano /ash
6) plants / food 7) drought

❸ Read these positive effects:
1) flood 2) volcano 3) fire

- Read again and choose:
1) water brings nutrients to the land.
2) the ash is good for the soil.
3) the nutrients go into the soil.

- Unit (4) Test (4)*-*

❶ Supply the missing parts:
- I might watch TV.
- I might do my homework.

❷ Supply the missing letters:
– nest – macaw – rainforest
– desert – volcano – pollution

❸ Choose the correct word:
1- North Pole 2- might not 3- hunt
4- might 5- sloth 6- eat
7- tropical 8- Was

❹ Rewrite the following sentences:
1- She might not drink orange juice.
2- Where did you go?
3- I might help at home.
4- It didn't have a long tail.

❺ Read the following passage:
A) 1- Because the lake is a habitat for lots of wildlife. It is also a beautiful place for people to visit and relax. 2- Yes, I do.
B) 3- edge 4- pollute

❻ Write a paragraph of four sentences:
The penguin lives in the polar parts. The camel lives in the desert. The lion lives in the rainforest. The polar bear lives in the polar parts.

Unit (5)

Lesson (1)

❶ Supply the missing parts:
- No, it haven't. - Yes, it is.
- Monuments, fresh water, trees and plants.

❷ Write the correct word under each:
1) food 2) shade 3) medicine
4) baskets 5) protection

❸ Write the correct word:
1) soak 2) underground river 3) herb
4) oasis 5) surface 6) spring

❹ Supply the missing letters:
– lake – desert – mountain
– shade – dates – storm
– ground – wood – palm tree
– farmer – medicine – sick

❺ Choose the word(s): (Vocabulary)
1) oasis 2) spring 3) herbs
4) sandstorm 5) Deserts 6) medicine
7) rivers 8) palm 9) farmer 10) shade

❻ Choose the word(s): (Structures)
1- has 2- have 3- have 4- has
5- have 6- has 7- have 8- visited
9- seen 10- Have 11- never
12- swum 13- taken 14- have lived
15- ever 16- haven't

❼ Read the passage and answer:
A) 1- To make baskets. 2- Acacia trees.
B) 3- shade 4- Basil
C) Match:
1) you can get hard wood from this tree.
2) this special tree gives lots of shade.
3) you can make baskets with the leaves of this tree.
4) you can put this herb in food or drink.
5) these small trees protect the oasis from sandstorms.
6) this herb has vitamins and minerals in it.

❽ Write a paragraph of four sentences:
Siwa Oasis is an interesting place. It's in the desert. There's water in springs there. People can grow plants. They can keep animals. There are date palm trees there. There are also monuments there.

❾ Rewrite the following sentences:
1) Have you ever seen a snake?
2) He has taken lots of sandwiches.
3) No, I haven't
4) They have seen lots of interesting places.
5) Have you ever tried Siwan food?
6) She has swum in the swimming pool.
7) Yes, I have.
8) I have given my mum a present.

Lesson (2)

1 Write the correct word number each:

– cloud – heat – experiment
– river – float – evaporation
– sea – condensation – wind

2 Read the passage and answer:

A) 1- It makes it evaporate.
   2- Precipitation is when water falls from the clouds as rain, snow, or hail.
B) 3- rises up   4- Groundwater

C) Complete:

1) Precipitation   2) runoff
3) groundwater   4) evaporation
5) Condensation   6) water cycle

3 Match (A) with (B):

1) The sun turns water into vapor. Vapor rises into the atmosphere.
2) Water vapor rises and starts to cool. It becomes clouds.
3) Water falls from the clouds as rain, snow or hail.
4) When rain falls on high ground, it runs down mountains as rivers.
5) Some water soaks into the ground and flows in rivers that are under the ground.
6) How water in rivers becomes clouds, then rainfall, then runoff, then rivers that are under the ground.

4 Complete using the following words:

* rivers – deeper – sea.
* ground – surface – lake – cycle

5 Read the water facts then answer:

1) False   2) True   3) False
4) False   5) True

Lesson (3)

1 Supply the missing letters :

– camel – dry – hooves
– cactus – hump – wet
– map – spines – tube
– skin – fur – roots
– spring – summer – winter
– fall – hundred – thousand

2 Match (A) with (B):

1) It doesn't often rain here.
2) There is a lot of rain here for most of the year.
3) There is water on the ground here.
4) The water here is ice.
5) There is a lot of rain in fall and winter. There is less in spring and summer.

3 Read the passage and answer:

A) 1- They change the way they behave in order to survive in their habitat.
   2- Plants need water to grow, and animals need to drink to live.

B) Write T (True) or F (False)

1- (×)   2- (✓)   3- (×)
4- (×)   5- (✓)   6- (×)

4 Circle the word with the (ə) sound:

1) acacia   2) cheetah   3) under
4) shelter   5) doctor

- Unit (5) Test (5)*-*

1 Supply the missing parts:

- Have you ever climbed a mountain?
- Yes, I do.

2 Supply the missing letters:

– oasis – shade – evaporation
– river – fall – spines

3 Choose the correct word:

1- Have   2- river   3- lived   4- condenses
5- never   6- shelter   7- eaten   8- spring

4 Rewrite the following sentences:

1- Have you ever eaten dates?
2- He has seen lots of beautiful birds.
3- No, I haven't.
4- She has given me her pen.

5 Read the following passage:

A) 1- It's very hot.   2- Yes, it is.
B) 3- windy   4- sunny

6 Write a paragraph of four sentences:

Water is very important. Humans need to drink water every day. Animals need water to live. Plants need water to grow.

Unit (6)

Lesson (1)

1 Supply the missing letters:

– flood – canal – drain
– dam – barrier – pump
– sandbag – pipe – rain
– lightning – airport – street

❷ Choose the word(s):

1) flood 2) dam 3) drain 4) pump
5) pipes 6) canal 7) barrier 8) sandbags

❸ Read the following passage:

A) 1- There was a flood in Egypt.
2- Because there was a flood.
B) 3- closed 4- Cairo

Lesson (2)

❶ Choose the word(s): (Vocabulary)

1) minimize 2) wash away 3) install
4) protect 5) ruin 6) collapse

❷ Choose the word(s): (Structures)

1) many 2) much 3) enough
4) enough 5) are 6) is 7) isn't
8) aren't 9) much 10) enough 11) many
12) enough 13) is 14) is 15) is 16) are

❸ Read the following passage:

A) 1- Flood water can ruin homes, shops, and offices. It can wash away roads or make bridges and homes collapse.
2- We can minimize the dangerous effects of flooding.
B) 3- Meteorologists 4- pumps

C) Read again and match:

1) to damage or destroy something.
2) to carry something away with water.
3) to fall down. 4) to keep something safe.
5) to say what might happen in the future.
6) to tell people that something bad will happen, so they can prepare.
7) to put something in.
8) to make something smaller or less.

❹ Rewrite the following sentences:

1) There are too many glasses of water.
2) There isn't enough money to buy the T-shirt.
3) There aren't enough cups. Or: We don't have enough cups.
4) There's too much bread in the kitchen.
5) There are too many trees in the garden.
6) There are too many cups of coffee.
7) There aren't enough books.
8) There isn't enough cheese to make sandwiches. Or: We don't have enough cheese to make sandwiches.
9) There are too many cars in the streets of the city.
10) There is too much sugar in her tea.

Lesson (3)

❶ Write the words in the correct:

Negative	Positive
bossy	brave - polite
cowardly	wise - loyal
lazy	cooperative
mean	generous
selfish	responsible
moody	caring

❷ Circle two correct words of each:

- funny / bossy - moody / selfish
- calm / generous - polite / cooperative
- responsible / brave

❸ Read the passage and answer:

A) Put a (✓) or (×):

1- (×) 2- (✓) 3- (×) 4- (✓)

B) Find words in the text that mean...:

1) dangerous 2) rescue 3) scary
4) heavy rainfall 5) sick / injured

Lesson (4)

❶ Supply the missing letters:

– farmer – well – irrigation
– soil – spray – drip
– Ancient Egyptians – statue – farm

❷ Read the following passage:

A) Answer the following questions:

1) From wells, canals or rivers.
2) Pumps.
3) It can take too much water out of rivers, lakes, and springs.
4) Because it covers a whole field in water.

B) Put a (✓) or (×):

1- (×) 2- (×) 3- (✓) 4- (✓)

Lesson (5)

❶ Read the following passage:

A) Answer the following questions:

1) 2.500 years old.
2) More than 200. 3) Six.
4) Because of gravity.
5) Because it's the largest dam in the world
6) To higher ground. 7) Salt.
8) It uses a lot of energy.

B) Write T (True) or F (False):

1- (×) 2- (✓) 3- (×) 4- (×)
5- (✓) 6- (✓) 7- (×) 8- (×)

❷ **Match (A) with (B):**
1) taking salt out of seawater.
2) it carries water long distances.
3) it turns around like a wheel.
4) a lake created by stopping water in a river.
5) a wheel that uses running water to create energy.

- Unit (6) Test (6)*-*

❶ **Supply the missing parts:**
- No, I don't.
- I have only three pounds.

❷ **Supply the missing letters:**
– waterwheel – bucket – flood
– pump – irrigation – Ancient Egyptians

❸ **Choose the correct word:**
1- High Dam 2- much 3- volunteer
4- enough 5- pipes 6- many
7- drains 8- isn't

❹ **Rewrite the following sentences:**
1- There are too many plates of meat.
2- There isn't enough water for deserts to be green land.
3- There is too much salt in his food.
4- There aren't enough pencils for my friends. Or: I don't have enough pencils for my friends.

❺ **Read the following passage:**
A) 1- Near Benha. 2- Seven.
B) 3- happy 4- cows

❻ **Write a paragraph of four sentences:**
It's a shadoof. It's very old. It was used in an oasis in the desert. It worked when a bucket went into a well and brought up water.

Part (2) Final Revision

Revision on unit (1)

❶ **Supply the missing letters:**
– track / athlete / measure
– jump / throw / run
– win / race / medal
– field / distance / competition
– exercise / warm up / healthy food
– friend / parents / apologize
– sad / happy / scared
– swimming / city / citadel
– space / bicycle / footballer
– score / national team / cup
– cyclist / pyramids / heart
– map / famous / meter

❷ **Choose the word(s): (Vocabulary)**
1) record 2) track 3) warm up
4) second 5) athlete 6) Exercise
7) race 8) far 9) medal 10) support
11) compete 12) cyclist 13) win
14) fast 5) train 16) kilometer
17) healthy 18) distance 19) measures
20) fit 21) high 22) challenge

❸ **Choose the word(s): (Structures)**
1) will win 2) come 3) won't 4) won't
5) will 6) won't 7) get
8) will be 9) Will 10) will

❹ **Choose the word(s): (Adjectives)**
1) faster 2) highest 3) slower than
4) the fastest 5) the highest 6) father
7) faster 8) the farthest

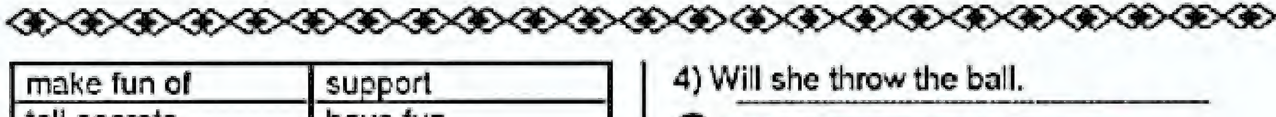
❺ **Choose the word(s): (Structures)**
1) so 2) and 3) so 4) or 5) but 6) because

❻ **Read the check (✓) or cross (×):**
1- (×) 2- (✓) 3- (×) 4- (✓) 5- (✓)

❼ **Read and order:**
1- How far can she jump?
2- How fast can he run?
3- How far can she throw the ball?
4- How high can he jump?

❽ **Write sentences showing:**

Good friends never	Good friends should
spread rumors	listen



make fun of	support
tell secrets	have fun
pressure someone	apologize

9 Circle the different (c) sound:

1- city 2- ice 3- cake 4- race

10 Read and tick:

1- hour 2- centimeter
3- kilometer 4- second

11 Rewrite the following sentences:

1- Will you make fun of your friend?
2- How fast can she run?
3- Samy can jump farther than Ziad.
4- It won't be easy to win today.
5- I don't like high jump or long jump.
6- Will he play tennis?
7- Yes, he will.
8- How far can he jump?
9- He went to bed late so he was late for school.
Or: He was late for school because he went to bed late.
10- He will wear a red T-shirt tomorrow.
11- Cycling is her favorite sport but she is not a fast cyclist.
12- How fast can she run?
13- He is good at football and tennis.
14- No, I won't.
15- The winner will be happy.
16- He will win the competition because he's training hard.
17- I will meet my friends.

Unit (1) Test (1)

1 Supply the missing parts:

- I will go to the club.
- Will you meet your friends there?

2 Supply the missing letters:

– track – apologize – swimming
– cyclist – athlete – winner

3 Choose the correct word:

1) won't 2) higher 3) but 4) slowest
5) so 6) will win 7) often 8) run

4 Rewrite the following sentences:

1) He will get a medal tomorrow.
2) She trains every day because she wants to win a medal.
3) I don't like basketball or handball.
4) Will she throw the ball.

5 Read the following passage:

A-1- He wants to compete in the school long jump competition.
2- He warms up with him and measures the distance he jumps.
B- 3- third 4- three

6 Write a paragraph of four sentences:

Football is my hobby. I go to the club every week. I play it with my friends. I sometimes play it at school. I want to be a famous player.

Revision on unit (2)

1 Supply the missing letters:

– brain / skeleton / heart
– lungs / bone / knee
– ribs / elbow / jaw
– leg / arm / helmet
– wear / mountain / park
– rock / sunglasses / pad
– climb / tired / cross
– relaxed / hungry / fruit
– vegetables / candies / soda
– breakfast / lunch / dinner
– cup / juice / sleep
– angry / skin / germs
– sunscreen / hot / cook
– top / middle / bottom
– weather / wood / food
– body / stomach / mouth
– teeth / tongue / moon

2 Choose the word(s): (Vocabulary)

1) muscles 2) Bones 3) heart
4) oxygen and nutrients 5) skin 6) Oxygen
7) Arteries 8) skull 9) nutrients 10) blood

3 Choose the word(s): (Structures)

1) is 2) are 3) am 4) are 5) is 6) are
7) going 8) going 9) go 10) wear 11) Is
12) always 13) to 14) isn't 15) go
16) is going to wear 17) Are

4 Complete the sentences using:

1) heart 2) skin 3) lungs
4) arteries 5) muscles 6) skeleton
7) skull 8) saliva 9) stomach 10) tongue



5 Match (A) with (B):

1) breaks down food in our stomach.
2) the sun, as well as dirt and germs.
3) soft organs such our heart and lungs.
4) oxygen and nutrients around the body.
5) in our veins, because it is used in the body.
6) chew food, to move our jaw.

6 Read and complete:

1- Veins 2- blood 3- nutrients
4- Arteries 5- blood vessels

7 Read and circle:

1- liquid 2- gas 3- without 4- with

8 Write in the correct table:

Long 'oo' sound	Short 'oo' sound
1) room	1) foot
2) tool	2) good
3) root	3) wood

9 Rewrite the following sentences:

1- Is he going to ride a horse?
2- I'm going to visit my grandparents.
3- No, they aren't.
4- We're not going to do exercise after school.
5- She's going to play with her friends tomorrow.
6- Are you going to watch TV?
7- No, I'm not. 8- Yes, she is.
9- Is he going to help at home?
10- We're going to go to Alex next week.

Unit (2) Test (2)

1 Supply the missing parts:

- Yes, I am.
- What are you going to go there?

2 Supply the missing letters:

– skeleton – sunscreen – tongue
– knee – heart – bone

3 Choose the correct word:

1) going 2) Is 3) brain 4) is going to buy
5) climb 6) never 7) tired 8) have

4 Rewrite the following sentences:

1) We're going to ride our bikes on Friday.
2) He's not going to go to the club.
3) Is she going to wear her sunglasses?
4) I'm going to have a walk.

5 Read the following passage:

A-1- Fady is going to ride his bicycle in the morning.
2- Farida is going to clean her bedroom in the morning.
B- 3- four 4- watch TV

6 Write a paragraph of four sentences:

The human body is very amazing. We have thirty two teeth. We have 206 bones. They are strong and hard. We should eat the food that is good for our body. We shouldn't eat the food that is bad for our body.

Revision on unit (3)

1 Supply the missing letters:

– sugar / dairy / balance
– plate / strong / apple
– drink / eat / banana
– bread / pasta / rice
– eggs / cereal / fish
– meat / olive oil / milk
– cheese / cake / biscuit
– animals / plants / water
– roots / tea / ill
– cookies / cold / salt
– chocolate brownie / can / jar
– pot / fire / mango
– salt / grapes / fridge
– heat / pollution / fire station
– dentist / teaspoon / list

2 Choose the word(s): (Vocabulary)

1) sugar 2) Calories 3) dehydrated
4) preserve 5) carbohydrates 6) vitamins
7) protein 8) fats 9) carbohydrates
10) fiber 11) mineral 12) protein
13) dry 14) Fats 15) liquid 16) Blood
17) Carbohydrates 18) toxins 19) sweat
20) salt 21) stomach 22) store
23) containers

3 Choose the word(s): (Vocabulary)

1) vitamins 2) Carbohydrates 3) Protein
4) bones 5) oils 6) cake 7) sugar

4 Read and circle:

- teeth / heart / short / long / too much / worried

5 Choose the word(s): (Structures)

1) should 2) drink 3) you shouldn't

4) should 5) shouldn't 6) go 7) eat
8) you shouldn't 9) drink 10) Should

6 Complete the sentences using:
1- should 2- should 3- shouldn't
4- shouldn't

7 Read and complete :
1- should train 2- He shouldn't skip
3- He shouldn't eat 4- He should eat
5- He shouldn't drink 6- He should drink

8 Do the quiz:
1- From the soil. 2- 82 % 3- 75 %
4- You feel tired and you can't think.
5- 1.5 liters

9 Rewrite the following sentences:
1- You should drink pure water.
2- Should I eat unhealthy food?
3- You shouldn't have sweet snacks.
4- No, you shouldn't.
5- You shouldn't drink soda.
6- You should always be hydrated.
7- Should you drink enough water?
8- You shouldn't have an unhealthy body.
9- You should make your body strong.
10- No, I shouldn't.

Unit (3) Test (3)

1 Supply the missing parts:
- What time do you get up?
- I usually have milk, cheese and jam.

2 Supply the missing letters:
– dairy – fridge – fruit
– sugar – teeth – vegetables

3 Choose the correct word:
1) Calcium 2) should 3) dairy 4) drink
5) hydrated 6) sugar 7) you should 8) soil

4 Rewrite the following sentences:
1) You should do exercise.
2) Yes, you should.
3) You shouldn't sleep for only five hours.
4) Should you drink lots of sweet drinks?

5 Read the following passage:
A-1- Every Thursday.
2- Tomatoes, peas, potatoes and lettuce. B- 3- ice cream 4- juice

6 Write a paragraph of four sentences:
You shouldn't eat too many sweets. You shouldn't eat crisps, biscuits or chocolate. You should eat fish, meat, vegetables and fruit. You shouldn't drink soda. You should drink enough water.

Revision on unit (4)

1 Supply the missing letters:
– wildlife / tail / ears
– insect / river / grass
– stick / leaves / chase
– hunt / hide / turtle
– owl / goose / rabbit
– penguin / whale / fox
– elephant / lion / meat
– world / ground / desert
– rainforest / feathers / birds
– spider / butterfly / lizard
– frog / snake / touch
– smell / hear / sea
– rain / tent / volcano
– garbage / machine / office
– factory / smoke / storm
– lake / city / farm

2 Match (A) with (B):
1) It lives in the sea.
2) It takes shelter under rocks in rivers.
3) It's long and thin and doesn't have legs.
4) It sleeps a lot and moves very slowly.
5) It lives in a hole in a tree.
6) It digs a burrow and lives in the desert.

3 Complete the sentences using:
1- rainforest 2- desert 3- equator
4- wetland 5- polar zone
6- temperate zone

4 Read and circle:
- snow / aren't any / burrows / warm / rivers / trees

5 Read and choose:
1- Equator 2- South Pole
3- Grassland 4- Wetland and Desert

6 Choose the word(s): (Vocabulary)
1) North Pole 2) hunt 3) sloth
4) tropical 5) Cobra 6) Swamp
7) Butterflies 8) Equator 9) Lizards
10) Pollution 11) disaster 12) Swamps

❼ **Choose the word(s): (Structures)**
1) might not 2) might 3) eat 4) Was
5) might 6) Was 7) might 8) had
9) climb 10) look 11) might not
12) moved 13) build 14) Was
15) might not 16) saw 17) wasn't 18) dig

Unit (4) Test (4)

❶ **Supply the missing parts:**
- Were you at school yesterday?
- I went to the park.

❷ **Supply the missing letters:**
– penguin – fire – garbage
– rainforest – nest – desert

❸ **Choose the correct word:**
1) might not 2) South Pole 3) went
4) Macaw 5) nests 6) might not
7) Volcanoes 8) live

❹ **Rewrite the following sentences:**
1) Was it a fennec fox?
2) What did you love seeing?
3) I might go out with my friends.
4) He might not come with us.

❺ **Read the following passage:**
A-1- We sometimes visit the zoo in summer. 2- It likes water.
B- 3- big 4- bananas

❻ **Write a paragraph of four sentences:**
The lion is a wild animal. It lives in the forest. It eats other small animals. It's dangerous. We can see it at the zoo.

Revision on unit (5)

❶ **Supply the missing letters:**
– oasis / river / shade
– lake / mountain / desert
– herbs / olive oil / storm
– monuments / ground / wood
– palm tree / dates / plants
– medicine / sick / farmer
– tree / flowers / basket
– bowl / spoon / family
– earth / evaporation / condensation
– cloud / sea / wind
– sky / rain / experiment
– cactus / camel / hooves
– hump / spines / tube
– skin / fur / roots
– winter / summer / fall
– spring / map / drink

❷ **Choose the word(s): (Vocabulary)**
1) adapted 2) river 3) condenses
4) shelter 5) spring 6) salt
7) hooves 8) oasis 9) spearmint
10) evaporate 11) sandstorm
12) condenses 13) Deserts 14) survive
15) medicine 16) Cactus 17) palm
18) farmer 19) shade 20) humps 21) fur

❸ **Choose the word(s): (Structures)**
1) has 2) have 3) have 4) has 5) have
6) has 7) have 8) Have 9) visited
10) lived 11) haven't 12) never 13) taken
14) have lived 15) Have 16) swum

❹ **Correct the verbs as in the example:**
2) hasn't eaten 3) has traveled
4) haven't seen 5) have slept

❺ **Look and write as in the example:**
2) Has he ever climbed a tower?
- No, he hasn't
3) Has she ever swum in the sea?
- Yes, she has.
4) Have they ever flown a helicopter?
- No, they haven't.
5) Have you ever seen a cobra?
- No, I haven't.
6) Has it ever rained in the desert?
- Yes, it has.

❻ **Rewrite the following sentences:**
1- Have you ever eaten dates?
2- He has seen lots of beautiful birds.
3- No, I haven't.
4- She has given me her pen.
5- They have seen lots of interesting places.
6- Have you ever tried Siwan food?
7- Yes, I have.
8- I have given my mum a present.

Unit (5) Test (5)

❶ **Supply the missing parts:**
- I drink 1.5 liters of fresh water.
- From wells, lakes or rivers.

❷ **Supply the missing letters:**
– desert – sick – water
– condensation – hooves – oasis

3 Choose the correct word:

1) spring 2) seen 3) herbs 4) ever
5) rivers 6) eaten 7) Precipitation 8) never

4 Rewrite the following sentences:

1) Have you ever seen a snake?
2) He has taken lots of sandwiches.
3) No, I haven't.
4) She has swum in the swimming pool.

5 Read the following passage:

A-1- In summer, the weather is very hot.
2- In fall.
B- 3- seasons 4- winter

6 Write a paragraph of four sentences:

The camel is a big animal. It's perfect for the desert life. It has long eyelashes and nose to keep the sand out. It has wide feet to walk on the sand. It has humps to store food and water.

Revision on unit (6)

1 Supply the missing letters:

– flood / dam / pump
– drain / pipe / canal
– sandbag / builder / lightning
– rain / ground / build
– river / airport / port
– street / scientist / engineer
– shop / office / road
– bridge / weather / injured
– scared / pleased / firefighter
– police officer / present / boat
– train / friend / farm
– irrigation / spray / drip
– field / statue / Ancient Egyptians
– waterwheel / machine / castle
– bucket / temple / home

2 Choose the word(s): (Vocabulary)

1) High Dam 2) waterwheels 3) flood
4) volunteer 5) collapse 6) wells
7) pipes 8) protect 9) drains
10) Meteorologists 11) dam 12) warn
13) pump 14) aqueducts 15) emergency
16) canal 17) rescue 18) barrier
19) sandbags 20) Desalination

3 Read and complete:

* rivers – waterwheel – irrigation
* citadel – tower – canal
* turbines – electricity
* fresh water – technologies

4 Read and choose:

1) dam 2) oasis 3) sandbags
4) wash away 5) not much fresh water

5 Correct the verbs as in the example:

1) are 2) is 3) is 4) are 5) much
6) enough 7) many 8) isn't 9) are
10) is 11) isn't 12) aren't 13) much
14) enough 15) many 16) enough

6 Circle the word:

1- cobra 2- water 3- enormous
4- wetland 5- nervous

7 Rewrite the following sentences:

1- There are too many plates of meat.
2- There isn't enough water for deserts to be green land.
3- There is too much slat in his food.
4- There aren't enough pencils to give my friends.
5- There are too many bottles of water.
6- There isn't enough money to buy the skirt.
7- There are too many trees in the park.
8- There aren't enough books for pupils in the class.
9- There are too many people in the streets of Cairo.
10- There is too much salt in her pizza.

Unit (6) Test (6)

1 Supply the missing parts:

- No, you can't. - Why?

2 Supply the missing letters:

– pipe – farmer – canal
– waterwheel – airport – pump

3 Choose the correct word:

1) ruin 2) enough 3) drain 4) many
5) irrigation 6) enough 7) pipes 8) much

4 Rewrite the following sentences:

1) There aren't enough cups.
2) There is too much bread in the kitchen.
3) There are too many cups of coffee.
4) There isn't enough cheese to make sandwiches.



❺ Read the following passage:

A-1- Parks are places with lots of grass, trees, plants and flowers.

2- People can go, play and relax there. Lots of people like having their picnics there.

B- 3- bins 4- picnics

❻ Write a paragraph of four sentences:

The life in deserts is a hard life. There is little rain. There is little water. It's hot and dry. There aren't many animals. There aren't many people there. They live in tents or houses made of mud bricks.

Part (3) school Exams

Test (1)

❶ Supply the missing parts:

- I can run 90 meters in 40 seconds.
- Will you win the race?

❷ Supply the missing letters:

– flood - tongue – sugar

– oasis – volcano – athlete

❸ Choose the correct word:

1) track 2) will win 3) deserts 4) going
5) vitamins 6) ever 7) might not
8) North Pole

❹ Rewrite the following sentences:

1) Will he play tennis?
2) You shouldn't have an unhealthy body.
3) It didn't have a long tail.
4) There aren't enough cups.

❺ Read the following passage:

A- 1- It was warm and sunny.

2- At five o'clock in the afternoon.

B- 3- nice 4- happy

❻ Write a paragraph of four sentences:

Manar is my best friend. She's nine years old. She's in grade three. She likes reading and painting. She hopes to be a doctor in the future.

Test (2)

❶ Supply the missing parts:

- Yes, I am.
- I'm going to fly my kite.

❷ Supply the missing letters:

– stomach – race – waterwheel

– rainforest – shade – roots

❸ Choose the correct word:

1) warm up 2) won't 3) to 4) aren't
5) shouldn't 6) oasis 7) visited 8) flood

❹ Rewrite the following sentences:

1) I don't like fish or chicken.
2) Have you ever tried Siwan food?
3) It won't be easy to win today.
4) There is too much bread in the kitchen.

❺ **Read the following passage:**

A- 1- Good nutrition can help prevent health problems. 2- prevent – tips

B- 3- plenty 4- weight

❻ **Write a paragraph of four sentences:**

Allah is a great creator. Look at the nature around us. There are mountains, hills and lakes. There are also islands, forests, seas rivers and oceans. The weather is different. It might be cold, hot, warm or cool.

Test (3)

❶ **Supply the missing parts:**

- No, I don't.
- How often do you drink water.

❷ **Supply the missing letters:**

– brain – dam – pot

– mountain – friends – world

❸ **Choose the correct word:**

1) drain 2) higher 3) nutrients 4) enough 5) protein 6) go 7) might 8) hunt

❹ **Rewrite the following sentences:**

1) Football is my favorite sport but I'm not a good footballer.
2) She might not drink orange juice.
3) I have given my mum a present.
4) There are too many trees in the garden.

❺ **Read the following passage:**

A- 1- Because it allows your body to rest for the next day.

2- You can feel tired, sad or angry.

B- 3- better 4- ten

❻ **Write a paragraph of four sentences:**

Rainforests grow in hot countries. There are lots of plants and trees there. Animals and birds live in rainforests. They are useful to the environment. Rain forests are in danger because people cut down trees.

Test (4)

❶ **Supply the missing parts:**

- Do you eat healthy food?
- Yes. Meat and fish.

❷ **Supply the missing letters:**

– desert – fire – winner

– pump – lake – skeleton

❸ **Choose the correct word:**

1) athletes 2) because 3) oxygen and nutrients 4) is going to buy 5) dairy 6) eat 7) drain 8) sloth

❹ **Rewrite the following sentences:**

1) She will win the first medal because she's training hard.
2) No, I haven't.
3) There are too many cars in the streets of the city.
4) Should you drink lots of sweet drinks?

❺ **Read the following passage:**

A- 1- Deserts are generally hot, dry regions.

2- They are sandy hills.

3- The Sahara Desert is the biggest desert in the world. It measures about 9 million square kilometers.

B- 4- nine million 5- Africa

❻ **Write a paragraph of four sentences:**

My uncle's farm is large. He grows grains. He keeps animals. He has machines on his farm. He produces lots of crops.

Test (5)

❶ **Supply the missing parts:**

- I might watch a movie.
- Yes, I will.

❷ **Supply the missing letters:**

– medal – heart – hump

– fridge – drain – hunt

❸ **Choose the correct word:**

1) cyclist 2) so 3) blood 4) Are 5) fats 6) volunteer 7) is 8) seen

❹ **Rewrite the following sentences:**

1) I was hungry so I ate all my sandwiches.
2) He is good at throwing and jumping.
3) Where did you go?
4) You should always be hydrated.

❺ **Read the following passage:**

A- 1- They will be modern and more beautiful.

2- They may eat some new kinds of food.

B- 3- home 4- better

❻ Write a paragraph of four sentences:
Football is my favorite sport. I play it in the club. I play it with my friends. My favorite player is Mohamed Salah. I hope to be a famous player.

Test (6)

❶ Supply the missing parts:
- Running.
- How often do you go to the track?

❷ Supply the missing letters:
– pipe – pollution – lungs
– distance – insect – cactus

❸ Choose the correct word:
1) race 2) run 3) skin 4) climb
5) Calcium 6) much 7) climb 8) Have

❹ Rewrite the following sentences:
1) She will (is going to) play with her friends tomorrow.
2) He has taken lots of sandwiches.
3) There isn't enough cheese to make sandwiches.
4) Yes, you should.

❺ Read the following passage:
A- 1- Crocodiles are dangerous animals.
2- They hide in water to catch animals which come to drink. A crocodile hits with its head or tail and then pulls the animal to eat it under water.
B- 3- crocodiles 4- teeth

❻ Write a paragraph of four sentences:
It's important to be fit. You should be healthy. You should eat and drink fresh and healthy foods and drinks. You should exercise. You can go to the club with your friends to train there.

Test (7)

❶ Supply the missing parts:
- No, I haven't.
- Monuments, springs of water, plants, trees and animals.

❷ Supply the missing letters:
– chase – heat – condensation
– throw – bone – sandbag

❸ Choose the correct word:
1) support 2) the farthest 3) skull
4) isn't 5) carbohydrates 6) you should
7) tropical 8) palm

❹ Rewrite the following sentences:
1) We are going to ride our bikes on Friday.
2) You should do exercise.
3) I might wash my dad's car.
4) He came fourth in the race because he didn't work hard.

❺ Read the following passage:
A- 1- Exercise, food and sleep are the keys for good health.
2- To be healthy and have energy.
B- 3- fun 4- good

❻ Write a paragraph of four sentences:
We went to the zoo last holiday. We went in my father's car. We saw lots of animals. We enjoyed a lot. We ate and drank there. We spent a nice time. We were happy.

Test (8)

❶ Supply the missing parts:
- What's this book about?
- Yes. Our national team has won the African Cup the most times in Africa.

❷ Supply the missing letters:
– jar – ribs – jump
– wildlife – barrier – evaporation

❸ Choose the correct word:
1) record 2) or 3) heart 4) have
5) isn't 6) never 7) dig 8) enough

❹ Rewrite the following sentences:
1) He's not going to go to the club.
2) Have you ever seen a snake?
3) There aren't enough books for pupils in the class.
4) Will she throw the ball?

❺ Read the following passage:
A- 1- He is 35 years old.
2- Because he can help sick people.
B- 3- teacher 4- white cat

❻ Write a paragraph of four sentences:
My school is clean and tidy. It's very useful to us. Teachers there help us a lot. We play and enjoy in the break. We go to the library to read. I like my school.